LIFELONG RECREATION

Seattle
Parks & Recreation

FALL 2018
October 1-December 15

Arts, Fitness, and Social Opportunities for People Ages 50+



Welcome to Lifelong Recreation!

FALL Quarter 2018
October 1-December 15

No Programs and Facilities closed on:

- November 12 Veterans Day
- November 22 and 23 Thanksgiving



Registration begins at noon, August 7, 2018. Detailed registration information is found on pages 50-51.







Lifelong Recreation Inclement Weather Policy

The safety of our participants is our priority. When inclement weather occurs (snow, ice, storms), we follow the Seattle Public Schools closure decisions in determining whether it is safe to hold our classes and trips. Please listen to the news in the morning. If Seattle Public Schools are closed or delayed, Lifelong Recreation programs are cancelled for the entire day.

ADA Upgrades

Upgrades at Miller, Alki, and Ballard are still on-going. Upgrades at Southwest Community Center and Pool are planned for the near future.

E-Newsletter...

Receive the Lifelong
Recreation Newsletter!
Go to www.seattle.gov/parks/find/lifelong-recreation-(50)
and add your email address.





Cover photo:

Feeling adventurous? Come try out our ropes course, see page 18 for details!

Most photos courtesy of: Meryl Schenker Photography, and Ryan Hawk Photography.

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We offer programs for all interests and abilities!



Pages Carol Baxter-Clubine, Recreation Specialist **Northwest** 11-16 206-233-7138 / cell 206-399-8561 / carol.baxter@seattle.gov 1) BALLARD CC 3) GREEN LAKE CC 5) MAGNOLIA CC 6020 28th Ave. NW, 98107 7201 E Green Lake Dr. N, 98115 2550 34th Ave. W, 98199 tel: 206-684-4093 tel: 206-684-0780 tel: 206-386-4235 2) BITTER LAKE CC 4) LOYAL HEIGHTS CC 13035 Linden Ave. N, 98133 2101 NW 77th St., 98117 tel: 206-684-7524 tel: 206-684-4052 Pages Robin Brannman, Recreation Specialist **Northeast** 17-23 206-386-9106 / cell 206-300-2043 / robin.brannman@seattle.gov 8) MAGNUSON PARK 9) MEADOWBROOK CC 6) LAKE CITY **Community Center** 10517 35th Ave. NE, 98125 12531 28th Ave. NE, 98125 7110 62nd Ave. NE, 98115 tel: 206-218-5298 tel: 206-684-7522 tel: 206-684-7026 7) LAURELHURST CC 10) NORTHGATE CC Magnuson Brig, Building 406 4554 NE 41st St., 98105 10510 5th Ave. NE, 98125 6344 NE 74th St., 98115 tel: 206-684-7529 tel: 206-386-4283 **Building 30, Workshop** 11) RAVENNA-ECKSTEIN CC 6310 NE 74th St., 98115 6535 Ravenna Ave. NE, 98115 tel: 206-684-7534 **Pages** Angela P. Smith, Recreation Specialist **Central** 24-30 206-684-4240 / cell 206-450-9522 / angelap.smith@seattle.gov 12) BELLTOWN CC 15) INTERNATIONAL DISTRICT / 17) MONTLAKE CC 415 Bell St., 98121 **CHINATOWN CC** 1618 E Calhoun St., 98112 tel: 206-684-7245 719 8th Ave. S, 98104 tel: 206-684-4736 13) CAL ANDERSON tel: 206-233-0042 18) QUEEN ANNE CC 1635 11th Ave., 98122 16) MILLER CC 1901 1st Ave. W, 98119 330 19th Ave. E, 98112 tel: 206-386-4240 tel: 206-684-4075 14) GARFIELD CC tel: 206-684-4753 2323 E Cherry St., 98122 tel: 206-684-4788 Pages John Hasslinger, Recreation Specialist Southwest 31-36 206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov 19) ALKI CC 21) HIAWATHA CC 23) SOUTH PARK CC 5817 SW Stevens St., 98116 2700 California Ave. SW, 98116 8319 8th Ave. S, 98108 tel: 206-684-7430 tel: 206-684-7441 tel: 206-684-7451 20) DELRIDGE CC 22) HIGH POINT CC 24) SOUTHWEST CC 4501 Delridge Way S, 98106 6920 34th Ave. SW, 98126 2801 SW Thistle St., 98112 tel: 206-684-7423 tel: 206-684-7422 tel: 206-684-7438 Pages Anne Nguyen, Recreation Specialist **Southeast** 37-40 206-684-7484 / cell 206-310-8163 / anne.nguyen@seattle.gov 29) YESLER CC 25) JEFFERSON CC 27) RAINIER BEACH CC

3801 Beacon Ave. S, 98108 tel: 206-684-7481 26) RAINIER CC 4600 38th Ave. S, 98118

tel: 206-386-1919

Pages 9, 41-45 8825 Rainier Ave. S, 98118

tel: 206-386-1925 28) VAN ASSELT CC 2820 S Myrtle St., 98108 tel: 206-386-1921

917 E Yesler Way, 98122

tel: 206-386-1245

Signature Programs

Adult Sports Jayson Powell: 206-684-7092 cell 206-295-2465 jayson.powell@seattle.gov

Dementia-Friendly Recreation LGBTQ **Cavce Cheairs:** 206-615-0100 cell 206-786-2365 cayce.cheairs@seattle.gov

Cheryl Brown: 206-615-0619 cell 206-450-9819 cheryl.brown@seattle.gov Sound Steps Walking Program and Food and Fitness Tamara Keefe: 206-684-4664 cell 206-399-4655

tamara.keefe@seattle.gov

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Video Link: https://youtu.be/3RyasavedEE					
182572	Mon	10:30-11:30 a.m.	Queen Anne	\$41	
182805	Mon	11:15 a.m12:15 p.m.	Northgate	\$45	
182568	Tue	9:30-10:30 a.m.	Magnolia	\$50	
185654	Wed	8:30-9:30 a.m.	Jefferson	\$41	
182566	Thu	9:30-10:30 a.m.	Magnolia	\$45	
ARTHRI	TIS EXE	RCISE PROGRAM			
182480	Wed	11:30 a.m12:30 p.m.	Queen Anne	\$45	
182479	Fri	11:30 a.m12:30 p.m.	Queen Anne	\$45	
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182824	Mon	9-10 a.m.	Rav-Eck	\$50	
182825	Wed	9-10 a.m. Rav-Eck		\$55	
182585	Tue	10:50-11:50 a.m. Bitter Lake		\$50	
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It's fun to get moving in one of our fitness classes!

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182598 Wed 9-10:15 a.m. Magnolia \$68 182596 Fri 8-9 a.m. Magnolia \$50 FITNESS AT ALKI 182675 Wed 10-11 a.m. Alki \$50 FITNESS ROOM FOUNDATION + MORE 182811 Tue 11:30 a.m12:30 p.m. Northgate \$60 FIT PLUS 185492 Thu 8-9 a.m. Mag Brig \$50 FUN FIT! 182769 Tue 6-7 p.m. Meadowbrook \$70 182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45			T		
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FITNESS AT ALKI 182675 Wed 10-11 a.m. Alki \$50 FITNESS ROOM FOUNDATION + MORE 182811 Tue 11:30 a.m12:30 p.m. Northgate \$60 FIT PLUS 185492 Thu 8-9 a.m. Mag Brig \$50 FUN FIT! 182769 Tue 6-7 p.m. Meadowbrook \$70 182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45		Wed	9-10:15 a.m.		
182675 Wed 10-11 a.m. Alki \$50 FITNESS ROOM FOUNDATION + MORE 182811 Tue 11:30 a.m12:30 p.m. Northgate \$60 FIT PLUS 185492 Thu 8-9 a.m. Mag Brig \$50 FUN FIT! 182769 Tue 6-7 p.m. Meadowbrook \$70 182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45				Magnolia	\$50
FITNESS ROOM FOUNDATION + MORE 182811 Tue 11:30 a.m12:30 p.m. Northgate \$60 FIT PLUS 185492 Thu 8-9 a.m. Mag Brig \$50 FUN FIT! 182769 Tue 6-7 p.m. Meadowbrook \$70 182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45	FITNESS	AT ALK			
182811 Tue 11:30 a.m12:30 p.m. Northgate \$60 FIT PLUS 185492 Thu 8-9 a.m. Mag Brig \$50 FUN FIT! 182769 Tue 6-7 p.m. Meadowbrook \$70 182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45					\$50
FIT PLUS 185492 Thu 8-9 a.m. Mag Brig \$50 FUN FIT! 182769 Tue 6-7 p.m. Meadowbrook \$70 182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45	FITNESS	ROOM	FOUNDATION + MO	ORE	
185492 Thu 8-9 a.m. Mag Brig \$50 FUN FIT! 182769 Tue 6-7 p.m. Meadowbrook \$70 182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45	182811	Tue	11:30 a.m12:30 p.m.	Northgate	\$60
FUN FIT! 182769 Tue 6-7 p.m. Meadowbrook \$70 182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45	FIT PLU	S			
182769 Tue 6-7 p.m. Meadowbrook \$70 182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45	185492		8-9 a.m.	Mag Brig	\$50
182771 Thu 6-7 p.m. Meadowbrook \$65 JUICY JOINTS - INTERMEDIATE Video Link: https://youtu.be/Jl3t5-3FhH4 182728 Tue 9:05-10:05 a.m. Bitter Lake \$45	FUN FIT	!			
JUICY JOINTS - INTERMEDIATEVideo Link: https://youtu.be/Jl3t5-3FhH4 182728Tue9:05-10:05 a.m.Bitter Lake\$45	182769	Tue	6-7 p.m.	Meadowbrook	\$70
Video Link:https://youtu.be/Jl3t5-3FhH4182728Tue9:05-10:05 a.m.Bitter Lake\$45	182771	Thu	6-7 p.m.	Meadowbrook	\$65
182728 Tue 9:05-10:05 a.m. Bitter Lake \$45	JUICY J	OINTS - I	NTERMEDIATE		
	Video Lir	nk: <u>https:</u>	//youtu.be/Jl3t5-3Fh	H4	
182729 Thu 9:05-10:05 a.m. Bitter Lake \$40	182728	Tue	9:05-10:05 a.m.	Bitter Lake	\$45
	182729	Thu	9:05-10:05 a.m.	Bitter Lake	\$40

LINE DA	NCE				
Video Lii	nk: <u>https:</u>	//youtu.be/n4CVebD	OKpDg		
All Leve	ls				
182522	Tue	10:15-11:15 a.m.	Hiawatha	\$50	
182677	Tue	6:30-7:30 p.m.	6:30-7:30 p.m. Alki		
182569	Thu	6:15-7:15 p.m.	Queen Anne	\$45	
Beginne	r				
182733	Mon	Noon-1 p.m.	Bitter Lake	\$45	
185499	Wed	12:45-1:30 p.m.	Mag Brig	\$38	
185651	Thu	11:30 a.m12:30 p.m.	Van Asselt	\$45	
185500	Thu	6:45-7:45 p.m.	Mag Brig	\$50	
Advance	d-Begin	·	, <u> </u>		
182734	Mon	10-10:45 a.m.	Bitter Lake	\$34	
182524	Tue	9:15-10:15 a.m.	Hiawatha	\$50	
185498	Tue	6:30-7:30 p.m.	Mag Brig	\$50	
185497	Wed	Noon-12:45 p.m.	Mag Brig	\$38	
185649	Thu	12:30-1 p.m.	Van Asselt	\$45	
185650	Fri	10-11 a.m.	Jefferson	\$45	
182831	Fri	10-11 a.m.	Rav-Eck	\$45	
Interme		10 11 0.111	nav Een	7 13	
182735	Mon	10:45-11:45 a.m.	Bitter Lake	\$45	
185501	Wed	10-11 a.m.	Mag Brig	\$50	
185502	Wed	11 a.mNoon	Mag Brig	\$50	
185652	Thu	1-2 p.m.	Van Asselt	\$45	
	Line Dar	•	vali Asselt	773	
Біор-ііі	M/F	11 a.m12:30 p.m.	IDCC	\$3/\$2	
			IDCC	75/72	
MIMIDS	IN MOTI	ON			
	Mon		Miller	\$23	
182570	Mon	ON 2-3 p.m.	Miller	\$23	
182570 NIA	Mon		Miller	\$23	
182570 NIA Nia at D	Mon elridge	2-3 p.m.			
182570 NIA Nia at D 182525	Mon elridge Tue	2-3 p.m. 10:15-11:15 a.m.	Delridge	\$23	
182570 NIA Nia at D 182525 Nia at M	Mon elridge Tue eadowb	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5	Delridge -11/2	\$55	
182570 NIA Nia at De 182525 Nia at M 182790	elridge Tue eadowb	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m.	Delridge -11/2 Meadowbrook		
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M	Mon elridge Tue eadowb Fri eadowb	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9	Delridge -11/2 Meadowbrook -12/14	\$55 \$50	
182570 NIA Nia at Di 182525 Nia at M 182790 Nia at M 182791	Mon Tue eadowb Fri eadowb	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook	\$55	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N	Mon Elridge Tue eadowb Fri eadowb Fri orthgate	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3	Delridge -11/2 Meadowbrook -12/14 Meadowbrook	\$55 \$50 \$50	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822	Mon elridge Tue eadowb Fri eadowb Fri orthgate Thu	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate	\$55 \$50	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N	Mon Tue eadowb Fri eadowb Fri orthgate Thu orthgate	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate	\$55 \$50 \$50 \$50	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N 182822	Mon elridge Tue eadowb Fri eadowb Fri orthgate Thu orthgate Thu	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate	\$55 \$50 \$50	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N 182823 NIA MO	Mon elridge Tue eadowb Fri eadowb Fri orthgate Thu orthgate Thu VING TO	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate	\$55 \$50 \$50 \$50	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N 182823 NIA MO 182526	Mon elridge Tue eadowb Fri eadowb Fri orthgate Thu orthgate Thu VING TO	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate Northgate High Point	\$55 \$50 \$50 \$50 \$50	
182570 NIA Nia at Di 182525 Nia at M 182790 Nia at M 182791 Nia at Ni 182822 Nia at Ni 182823 NIA MO 182526 182789	Mon Elridge Tue eadowb Fri eadowb Fri orthgate Thu orthgate Thu VING TO Tue Fri	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate	\$55 \$50 \$50 \$50	
182570 NIA Nia at Di 182525 Nia at M 182790 Nia at M 182791 Nia at Ni 182822 Nia at Ni 182823 NIA MO 182526 182789 PARKIN	Mon Elridge Tue eadowb Fri eadowb Fri orthgate Thu orthgate Thu VING TO Tue Fri	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate Northgate High Point	\$55 \$50 \$50 \$50 \$50	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N 182823 NIA MO 182526 182789 PARKIN Dance	Mon elridge Tue eadowb Fri eadowb Thu orthgate Thu VING TO Tue Fri ISON'S F	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate High Point Meadowbrook	\$55 \$50 \$50 \$50 \$50 \$50 \$60	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N 182823 NIA MO 182526 182789 PARKIN Dance 185562	Mon elridge Tue eadowb Fri eadowb Fri orthgate Thu orthgate Thu VING TO Tue Fri ISON'S F	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate Northgate High Point	\$55 \$50 \$50 \$50 \$50	
182570 NIA Nia at Di 182525 Nia at M 182790 Nia at M 182791 Nia at Ni 182822 Nia at Ni 182823 NIA MO 182526 182789 PARKIN Dance 185562 PILATES	Mon elridge Tue eadowb Fri eadowb Fri orthgate Thu orthgate Thu VING TO Tue Fri ISON'S F	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m. PROGRAMS	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate High Point Meadowbrook Garfield	\$55 \$50 \$50 \$50 \$50 \$50 \$60	
182570 NIA Nia at Di 182525 Nia at M 182790 Nia at M 182791 Nia at Ni 182822 Nia at Ni 182823 NIA MO 182526 182789 PARKIN Dance 185562 PILATES	Mon elridge Tue eadowb Fri eadowb Fri orthgate Thu orthgate Thu VING TO Tue Fri ISON'S F	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m. PROGRAMS 11 a.m12:30 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate High Point Meadowbrook Garfield	\$55 \$50 \$50 \$50 \$50 \$50 \$60	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N 182823 NIA MO 182526 182789 PARKIN Dance 185562 PILATES Video Lii 182753	Mon elridge Tue eadowb Fri eadowb Fri orthgate Thu VING TO Tue Fri ISON'S F Thu Mon	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m. PROGRAMS 11 a.m12:30 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate High Point Meadowbrook Garfield zc3M Loyal Heights	\$55 \$50 \$50 \$50 \$50 \$60 Free	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N 182823 NIA MO 182526 182789 PARKIN Dance 185562 PILATES Video Lii 182753 182847	Mon elridge Tue eadowb Fri eadowb Fri orthgate Thu VING TO Tue Fri ISON'S F Thu Mon Tue	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m. PROGRAMS 11 a.m12:30 p.m. //youtu.be/C6iGDge 11:30 a.m12:30 p.m. 11:30 a.m12:30 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate High Point Meadowbrook Garfield zc3M Loyal Heights Rav-Eck	\$55 \$50 \$50 \$50 \$50 \$50 \$60 Free	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N 182823 NIA MO 182526 182789 PARKIN Dance 185562 PILATES Video Lii 182753 182847 182817	Mon elridge Tue eadowb Fri orthgate Thu orthgate Thu VING TO Tue Fri ISON'S F Thu Mon Tue Wed	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m. PROGRAMS 11 a.m12:30 p.m. //youtu.be/C6iGDge 11:30 a.m12:30 p.m. 11:30 a.m12:30 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate High Point Meadowbrook Garfield zc3M Loyal Heights Rav-Eck Northgate	\$55 \$50 \$50 \$50 \$50 \$50 \$60 Free \$45 \$55 \$55	
182570 NIA Nia at Di 182525 Nia at M 182790 Nia at M 182791 Nia at Ni 182822 Nia at Ni 182823 NIA MO 182526 182789 PARKIN Dance 185562 PILATES Video Lii 182753 182847 185505	Mon elridge Tue eadowbe Fri orthgate Thu orthgate Thu VING TO Tue Fri ISON'S F Thu Mon Tue Wed Thu	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m. PROGRAMS 11 a.m12:30 p.m. //youtu.be/C6iGDge 11:30 a.m12:30 p.m. 11:30 a.m12:30 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate High Point Meadowbrook Garfield zc3M Loyal Heights Rav-Eck Northgate	\$55 \$50 \$50 \$50 \$50 \$50 \$60 Free	
182570 NIA Nia at D 182525 Nia at M 182790 Nia at M 182791 Nia at N 182822 Nia at N 182823 NIA MO 182526 182789 PARKIN Dance 185562 PILATES Video Lii 182753 182847 182817	Mon elridge Tue eadowbe Fri orthgate Thu orthgate Thu VING TO Tue Fri ISON'S F Thu Mon Tue Wed Thu	2-3 p.m. 10:15-11:15 a.m. rook Session 1: 10/5 10-11 a.m. rook Session 2: 11/9 10-11 a.m. Session 1: 10/4-11/3 5-6 p.m. Session 2: 11/8-12/1 5-6 p.m. HEAL 11:45 a.m12:45 p.m. 11:15 a.m12:15 p.m. PROGRAMS 11 a.m12:30 p.m. //youtu.be/C6iGDge 11:30 a.m12:30 p.m. 11:30 a.m12:30 p.m.	Delridge -11/2 Meadowbrook -12/14 Meadowbrook Northgate 3 Northgate High Point Meadowbrook Garfield zc3M Loyal Heights Rav-Eck Northgate	\$55 \$50 \$50 \$50 \$50 \$50 \$60 Free \$45 \$55 \$55	

ROCK N	ROLL D	ANCE					
Session	1: 10/5-1	1/2					
185508 Fri 7-8:30 p.m. Mag Brig							
Session 2: 11/9-12/14							
185509	185509 Fri 7-8:30 p.m. Mag Brig						
SAIL - S	185509 Fri 7-8:30 p.m. Mag Brig SAIL - STAY ACTIVE AND INDEPENDENT FOR LIFE						
182757	Tue	11:30 a.m12:30 p.m.	Ballard	\$45			
182758	Thu	11:30 a.m12:30 p.m.	Ballard	\$45			
STRENG	TH AND	BALANCE CIRCUIT	TRAINING				
182760	Tue	Noon-12:45 p.m.	Green Lake	\$50			
182761	Thu	Noon-12:45 p.m.	Green Lake	\$45			
STRENG	TH AND	CONDITIONING					
	Wed	7:45-8:45 a.m.	Mag Brig	\$60			
	Fri	7:45-8:45 a.m.	Laurelhurst	\$55			
CHAIR S	TRENGT	TH AND TONE					
			5tnM				
182588	Mon	1:30-2:15 p.m.	Bitter Lake	\$45			
TAI CHI	AND QIO	·					
Tai Chi							
Video Lir	nk: https:	//youtu.be/J82jluSOs	55s				
All Level		,					
185576	Mon	11:30 a.m12:30 p.m.	Montlake	\$36			
182578	Tue	10-11 a.m.	Queen Anne	\$50			
182838	Tue	11:45 a.m12:45 p.m.	Laurelhurst	\$27			
185655	Tue	12:30-1:30 p.m.	Yesler	\$45			
182839	Tue	12:45-1:45 p.m.	Laurelhurst	\$27			
182765	Wed	11:30 a.m12:30 p.m.	Green Lake	\$50			
182793	Wed	5:30-6:30 p.m.	Meadowbrook	\$50			
182579	Thu	10:30-11:30 a.m.	Miller	\$45			
182794	Thu	1-2 p.m.	Meadowbrook	\$45			
182763	Fri	11:30 a.m12:20 p.m.	Loyal Heights	\$45			
Interme	1		- 0) a	7 .5			
182577	Thu	12:15-1:15 p.m.	Queen Anne	\$45			
Advance			Zarasiri minis	1			
181424	Thu	9:30-10:30 a.m.	Lake City	\$45			
Beginne			,				
182819	Mon	1-2 p.m.	Northgate	\$45			
	diate Wu	•	<u> </u>				
182820	Mon	2-3 p.m.	Northgate	\$45			
Drop-In			J				
	M/Th	9:30-10:30 a.m.	Rainier Beach	\$3			
Tai Chi C		/ Through Moveme					
182574	Mon	Noon-1 p.m.	Miller	\$36			
182576	Wed	12:15-1:15 p.m.	Miller	\$50			
Tai Chi And Qigong							
185507	Wed	10:15-11:15 a.m.	Mag Brig	\$50			
185506	Wed	11:30 a.m12:30 p.m.	Mag Brig	\$50			
182536	Thu	12:15-1:15 p.m.	Delridge	\$46			
182535	Fri	9:45-10:45 a.m.	High Point	\$41			
182818	Fri	2:30-3:30 p.m.	Northgate	\$45			
Qigong			J				
182755	Wed	Noon-1 p.m.	Bitter Lake	\$36			
182754	Fri	12:30 a.m1:20 p.m.	Loyal Heights	\$45			
	TAP DANCE						
182537	Thu	12:30-1:30 p.m.	High Point	\$50			

TUDILL		E CLASS			
TBD	Tue		Northaata	\$24	
		6:45-7:45 p.m. Northgate			
182796	Wed	ANCE AEROBICS	Meadowbrook	ĊEO	
				\$50	
182821	Thu	10:30-11:30 a.m.	Northgate	\$55	
YOGA					
Chair Yo	ř –	12 20 1 20	NA*II	F	
182481	Tue		Miller	Free	
182827	Tue	5:15-6:15 p.m.	Rav-Eck	\$55	
Gentle Y		// /	. =		
	1	//youtu.be/-rbaj950A			
182783	Mon		Meadowbrook	\$50	
182684	Mon		Loyal Heights	\$50	
184540	Mon		Green Lake	\$50	
184538	Mon	11:30-12:30 p.m.	Green Lake	\$50	
182554	Mon	10:30-11:30 a.m.	Miller	\$50	
182836	Tue	8-9 a.m.	Laurelhurst	\$55	
182557	Tue	8:15-9:15 a.m.	Montlake	\$55	
182513	Tue	9-10 a.m.	Delridge	\$55	
182558	Tue	9:30-10:30 a.m.	Montlake	\$55	
182816	Tue	9:45-10:45 a.m.	Northgate	\$55	
185493	Tue	10-11 a.m.	Mag Brig	\$55	
182564	Tue	1:30-2:30 p.m.	Miller	\$55	
182785	Wed	9-10 a.m.	Meadowbrook	\$55	
182685	Wed	9:30-10:30 a.m.	Bitter Lake	\$55	
182686	Wed	1-2 p.m.	Green lake	\$55	
184539	Wed	2:15-3:15 p.m.	Green Lake	\$55	
182555	Thu	8:15-9:15 a.m.	Montlake	\$50	
182566	Thu	9:30-10:30 a.m.	Garfield	\$50	
185494	Thu	9:30-10:30 a.m.	Mag Brig	\$50	
182565	Thu		Miller	\$55	
185495	Thu	5:30-6:30 p.m.	Mag Brig	\$50	

182830	Fri	9:45-10:45 a.m.	Rav-Fck	\$50
	Fri	10-11 a.m. Belltown		\$50
185567	1			
182683	Fri	10:15-11:15 a.m.	Loyal Heights	\$50
182512	Fri	11 a.mNoon	High Point	\$45
182815	Fri	12:15-1:15 p.m.	Northgate	\$50
182784	Sat	9-10 a.m.	Meadowbrook	\$45
Drop-In	Gentle Y	oga		
	Wed	3-4 p.m.	IDCC :	\$3/\$2
Hatha Y	oga			
182559	Mon	10-11 a.m.	Queen Anne	\$45
182560	Wed	11 a.mNoon	Queen Anne	\$50
Vini Yog	a			
182583	Tue	11:30 a.m12:30 p.m.	Queen Anne	\$50
182767	Wed	10:30-11:30 a.m.	Loyal Heights	\$50
182768	Fri	9:15-10:15 a.m.	Magnolia	
182584	Fri	11 a.mNoon	Queen Anne	\$50
Drop-In	Yoga Qi	gong Mix		
	Wed	6-7 p.m.	Rainier Beach	\$3
ZUMBA	® GOLD			
Video Lii	nk: <u>https:</u>	//youtu.be/mzy3RR	SfuQ	
182586	Mon	9:30-10:30 a.m.	Queen Anne	\$45
182678	Mon	10-11 a.m.	Alki	\$46
185658	Mon	Noon-1 p.m.	Jefferson	\$41
182679	Tue	10-11 a.m.	Alki	\$50
182774	Tue	10:30-11:30 a.m.	Loyal Heights	\$50
182587	Wed	9:30-10:30 a.m.	Queen Anne	\$45
182775	Thu	9:30-10:30 a.m.	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	
182538	Thu	10-11 a.m.	Delridge	\$46
182773	Fri	10:30-11:30 a.m.	Magnolia	\$45
185659	Fri	11 a.mNoon	Jefferson	\$45
ZUMBA	GOLD .	TONING		

We offer a great variety of yoga classes!



ADULT SPORTS

Men's Doubles Women's Doubles PICKLEBALL TOURNAMENTS

Grab a partner and your paddle! Adult Sports is hosting a Men's Doubles, and Women's Doubles, Tournament. Matches will be played with the best 2 out of 3 games to 11 points. If you are interested in participating as a team or as an individual, contact Jayson Powell, Adult Sports Recreation Coordinator.

Date: Sunday, 9/29, 2018, 10 a.m.-3 p.m.

Cost: \$20 team/\$11 per person **Location:** Rainier Community Center

4600 38th Ave. S, Seattle, WA 98118

To register, call Adult Sports at 206-684-7092.

For information about Adult Sports visit our website at:

http://www.seattle.gov/parks/find/adult-sportsteams-and-programs,

or contact Jayson Powell at: 206-684-7092, cell 206-295-2465, email: jayson.powell@seattle.gov.

Come work out at our Drop-In Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call for open hours.

OUR FITNESS CENTERS ARE NOW FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

Drop-In Sports at a Glance

Drop-In Pickleball (all levels unless noted) Free					
NORTH	WEST				
Mon	11 a.m1 p.m.	Magnolia			
Tue	9:30-11:30 a.m.		Ballard		
T/F	10 a.m1 p.m.		Bitter Lake		
Wed	6:30-8:30 p.m.	½ gym	Ballard		
Thu	6:45-8:45 p.m.		Green Lake		
Thu	6:45-8:45 p.m.	Ends 11/8	Bitter Lake		
Fri	Noon2 p.m.		Loyal Heights		
Sat	11 a.m2 p.m. All	ages, ends 11/3	Green Lake		
NORTH	EAST				
M/W	10 a.m1 p.m.		Rav-Eck		
M/W/F	11 a.m2 p.m.		Northgate		
Tue	5-7 p.m.		Northgate		
T/Th	10 a.mNoon	Adv	Meadowbrook		
T/Th	Noon-2 p.m.		Meadowbrook		
Wed	6-8 p.m.		Magnuson		
Fri	11:30 a.m2 p.m.	Int/Adv	Rav-Eck		
Sat	9-11:30 a.m.	All ages	Rav-Eck		
Sat	10 a.mNoon		Magnuson		
CENTRA					
Mon	10:15 a.m1:15 p.r		Miller		
Mon	6-8:45 p.m.	Int/Adv	IDCC		
Wed	11 a.m1 p.m.		Queen Anne		
Fri	10 a.mNoon		Miller		
SOUTH					
Mon	10-11 a.m.	40	High Point		
Mon	6-8 p.m. Ends 11/	13	High Point		
M/W	9:30-11:30 a.m.		Delridge		
M/W/F	10 a.m1:30 p.m.		South Park		
T/Th	Noon-2 p.m.		Delridge		
Wed	10 a.mNoon		High Point		
Wed Fri	6-8 p.m. 10 a.mNoon	Closed 10/26	Delridge Hiawatha		
SOUTH		Closed 10/20	Hidwatiid		
Mon	10 a.mNoon	Competitive	Jefferson		
T/Th	10 a.mNoon	Competitive	Rainier		
T/Th	10 a.mNoon		Yesler		
W/F	10 a.mNoon		Van Asselt		
	<u> </u>	• -			
	In Table Tenn	IS	Free		
CENTRA					
Tue	9:30-10:15 a.m.	Beginners	Lake City		
Tue	10:15-11:30 a.m.		Lake City		
T/F	10:30 a.m1:30 բ	o.m.	Garfield		
Tue	3:30-5:30 p.m.		IDCC		
W/F	5:30-8:30 p.m.		Lake City		
Fri	2:30-5 p.m.		IDCC		
Fri	6-9 p.m.	<u> </u>	Green Lake		
Drop-In Volleyball Free					
SOUTH	WEST				
T/Th	10 a.mNoon	Closed 10/10	Delridge		
	'				



Green Lake Small Craft Center & Mt. Baker Sailing and Rowing offer beginner boating classes!



Active Adults (50+) Program Kayak Conditioning in 2018!

Call 206-684-4074 or 206-386-1913 for more information.



Let us help you get your feet wet!

POOLS - YEAR-ROUND INDOOR	
Ballard Pool	206-684-4094
1471 NW 67th St.	
Evans Pool	206-684-4961
7201 E Green Lake Drive N	
Helene Madison Pool	206-684-4979
13401 Meridian Ave. N	
Meadowbrook Pool	206-684-4989
10515 35th Ave. NE	
Medgar Evers Pool	206-684-4766
500 23rd Ave.	
Queen Anne Pool	206-386-4282
1920 1st Ave. W	
Rainier Beach Pool	206-386-1925
8825 Rainier Ave. S	
Southwest Pool	206-684-7440
2801 SW Thistle St.	

Wellness Aquatic Activities

Visit http://www.seattle.gov/parks/pools.asp for a complete list of what Seattle Pools has to offer. Our programs include:

Lap SwimDeep Water FitnessAdult SwimHydro-FitSenior SwimStretch N Flex*Women Only SwimAquaZumbaShallow Water FitnessAdult Swim Lessons

* Low impact and perfect for seniors looking for ways to improve joint range of motion and flexibility.





Carol Baxter-Clubine
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561 carol.baxter@seattle.gov

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to fall registration on 8/7. See page 50 for details.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

Following trip registration, contact Carol at 206-233-7138 to request your departure location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS DEPARTURE SITES

Ballard Community Center 6020 28th Ave. NW–south of bldg, angled parking lot

Bitter Lake Community Center 13035 Linden Ave. N-north parking lot at street level

DEPARTURE TIMES

SOUTHBOUND TRIPS:

Bitter Lake: 20 minutes before time listed.

Ballard: at time listed. **NORTHBOUND TRIPS: Ballard:** 20 minutes before time listed.

Bitter Lake: at time listed.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

SHAPE UP

If you are new to any Shape Up class, receive \$10 off your first class. Shape Up classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

\$80

Triple Mountain Pass Adventure

Take in the last bit of summer with a scenic excursion on a charter bus trip! First, head out on Hwy 2 with a stop at Deception Falls for a brief hike and talk with a US Ranger, then over Stevens Pass to Leavenworth for lunch and sightseeing. Then travel over Blewett Pass to I-90, and in Cle Elum to enjoy a late afternoon treat. *No cancelations accepted after registration*. Scholarships are available, call to inquire.

Northgate Transit Center is the ONLY pick up location, meet at the intersection of NE 103rd St. and 3rd Ave. NE.

182561 10/3 Wed 8:30 a.m.-5:30 p.m.

Taproot Theater "Baskerville"

Sherlock Holmes is back and searches for clues to explain a mysterious death on a haunted moor. Five fearless actors conjure over 35 characters to deliver laughter and chills in this dizzyingly inventive adaptation of *The Hound of the Baskervilles. Enjoy lunch on your own following in Greenwood.*

Northbound

182545 10/10 Wed 10 a.m.-2:30 p.m.

\$30

FIELD TRIPS

Twin Falls Hike ____

\$25

See spectacular views on the Twin Falls Trail, which is about 3 miles. There are stairs, but most of the hiking is easy with an elevation gain of about 900 feet. Lunch out on your own following in North Bend. Wear solid shoes, bring water and a snack.

Northbound

182562 10/17 Wed 9 a.m.-3 p.m.

Fall Foliage Lunch Cruise

\$80

Take in the autumn beauty of Seattle and enjoy the ever-changing fall colors along the shorelines of Lake Union and Lake Washington on board an Argosy boat, complete with a hearty Northwest lunch. No cancellations accepted.

Southbound

182541 10/24 Wed 10:30 a.m.-2:30 p.m.

Hydroplane and Race Boat Museum \$18 + Fee Hydroplanes have put an imprint on the Northwest. Now you can tour the only hydroplane and race boat museum in the nation for the public. We will have a guided tour. Bring \$5 for admission. Following we will stop for lunch, on your own, at Southcenter Mall.

Northbound

184536 11/7 Wed

Lunch Club

Explore the hottest restaurants in town, and out! Register ahead of time and BRING CASH; separate checks not always available; expect 17-20% gratuity on your bill. Lunch on your own.

Lunch Club departure sites will now follow field trip departure sites of Northbound and Southbound.

\$10

Ivar's Salmon House \$\$-\$\$\$

Northwest seafood.

Southbound

182740 10/31 Wed 11 a.m.-2:30 p.m.

Cactus on Alki \$-\$\$ \$10

Upscale Mexican.

Northbound

182742 11/14 Wed 11 a.m.-2:30 p.m.

Olive Branch Café and Tea House \$\$\$ \$18

Tea house with traditional lunch.

Northbound

182743 12/12 Wed 10:30 a.m.-2:30 p.m.



SPECIAL EVENTS

Aging In Place

Free

Would you like to stay in your home and community as you grow older? Learn about 'The Village' from Phinney Ridge Neighborhood Association (PNA). The Village is a program to help older adults stay in their homes and stay connected to community with the support of neighborhood volunteers. This program is great for seniors, adults with aging parents, and anyone in the community looking to give back in small or big ways.

182731	10/15	Mon	11 a.mNoon	Ballard
182732	10/29	Mon	7-8 p.m.	Bitter Lake

Storyteller Debbie Dimitre as Emily Dickenson

\$15

"The Myth of Amherst", the life story of American poet Emily Dickinson. She was a very passionate, introspective, and reclusive woman who, after a life time of obscurity and rejection, was finally recognized as a powerful voice in American poetry eight years after her death in 1886.

Since 1987 N. storyteller/actress Debbie Dimitre has been entertaining, inspiring, and educating audiences of all ages with her historical and dramatic storytelling presentations.

Light refreshments following.

182759 11/1 Thu 11 a.m.-12:30 p.m. Loyal Heights

Holiday Tea

\$10

Enjoy a wonderful afternoon over tea. Scrumptious treats and fine teas to be served. Bring your own tea cup!

182727 12/6 Thu Noon-1:30 p.m. Loyal Heights



Explore your creative side in a watercolor class.

SOCIAL PROGRAMS

Games

Drop-In Bridge

Free

Enjoy a game of bridge.

Wed 9 a.m.-Noon

Magnolia

Movies

Lunch and a Movie at Loyal Heights \$10/each Enjoy movies as they were meant to be seen—on the big screen! A scrumptious lunch is provided! Advance registration required. Max 16.

Mountain Between Us

PG-13 | 1h 52 min | Action, Adventure, Drama Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain. When they realize help is not coming, they embark on a perilous journey across the wilderness

182736 10/11 Thu 11:30 a.m.-2 p.m. Loyal Heights

The Greatest Showman

PG | 1h 45 min | Biography, Drama, Musical Celebrates the birth of show business, and tells of a visionary, P.T. Barnum, who rose from nothing to create a spectacle that became a worldwide sensation of the circus.

182737 11/8 Thu 11:30 a.m.-2 p.m. Loyal Heights

LBJ

R | 1h 38 min | Biography, Drama

The story of US President Lyndon Baines Johnson from his young days in West Texas to the White House.

182738 12/13 Thu 11:30 a.m.-2 p.m. Loyal Heights

ARTS AND HANDWORK

Drop-In Adult Watercolor

Free

Bring your supplies and join others to create your own project. Each week a new still-life will be displayed.

Fri 11a.m.-3 p.m. Loyal Heights

Watercolor \$85

Bring your paints, brushes, and joy of painting. An instructional demonstration is done after each lesson. All skill levels welcome.

182772 Mon 9:30 a.m.-12:30 p.m. S Kahler Magnolia 182770 Thu 11:30 a.m.-2:30 p.m. S Kahler Green Lake

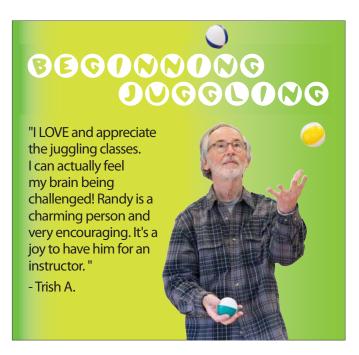
LIFELONG LEARNING

Beginning Juggling

\$10

Juggling may seem impossible to most, but we will break this down into easy steps to build your skills. You will also learn about all the different types of juggling. Some are done individually and other in pairs. Most juggling exercises are quite simple. This will be a fun learning experience! Why not give it a try, you might be the next big hit at the party!

182580* 10/1-11/5 1-2 p.m. R Engel Loyal Heights



Meditation Free

Learn how to meditate, calm your mind, open your heart, and empower yourself. Join Mari Chin in this class designed for everyone wanting to bring peace and happiness into their lives. All are welcome.

182744 10/5-10/26 Fri 1:30-2:30 p.m. M Chin Bitter Lake 182745 11/2-11/30 Fri 1:30-2:30 p.m. M Chin Bitter Lake

Recognizing and Minimizing Free **Your Risk for Falls**

Falls can be devastating, falls can be deadly, falls can be costly, and FALLS CAN BE PREVENTABLE.

This is an opportunity to learn how to reduce your risk for falls. We will talk about areas of assessments that correlate to fall prevention: exercise, medication review, vision assessment, and home safety assessment. Learn effective fall prevention and intervention from a physical therapist from Careage Home Health.

182756 10/18 Thu 11 a.m.-Noon. **Loyal Heights**

Learn How to Fall

Free

Falls are not an inevitable consequence of aging, but falls do occur more often among older adults because fall risk factors increase. Learning "How to Fall", using proper body mechanics, can drastically reduce your risk of injury should you experience a fall. Come learn techniques from an experienced occupational therapist from Careage Home Health.

182730 11/15 Thu 11 a.m.-Noon. **Loyal Heights**

Stroke Awareness/Hands-Only CPR

Free

Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

182599	9/25	Tue	5:30-6:30 p.m.	Bitter Lake
182600	9/28	Fri	2:30-3:30 p.m.	Loyal Heights
182601	10/23	Tue	5:30-6:30 p.m.	Loyal Heights
182602	11/16	Fri	11 a.mNoon	Green Lake

VOLUNTEER

Helping Hands Food Lifeline

Free

Help feed the hungry. We spend two hours of simple, non-strenuous work re-packing food. Bring your lunch for afterwards. Wear closed-toe shoes.

Departure sites: Ballard at 8:30 a.m., Bitter Lake at 8:50 a.m. Please call 206-233-7138 with your departure site.

182724	10/16	Tue	8:50 a.m1:30 p.m.	South Park
182725	11/20	Tue	8:50 a.m1:30 p.m.	South Park
182726	12/11	Tue	8:50 a.m1:30 p.m.	South Park

DROP-IN SPORTS

Drop-In Pickleball Free All Levels

Mon	11 a.m1 p.m.	Magnolia
Tue	9:30-11:30 a.m.	Ballard
T/F	10 a.m1 p.m.	Bitter Lake
Wed	6:30-8:30 p.m. (½ gym)	Ballard
Thu	6-8:45 p.m.	Green Lake
Thu	6:45-8:45 p.m. (Ends 11/8)	Bitter Lake
Fri	Noon-2 p.m.	Loyal Heights
Sat	11 a.m2 p.m. (All ages, ends 11/3)	Green Lake

Pickleball Skills

\$23

Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

182746* Fri 10:30 a.m.-Noon M Anderson Loyal Heights

Drop-In Table Tennis

Green Lake

Free

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

182568	Tue	9:30-10:30 a.m.	Magnolia	S Dutro	\$50
182566	Thu	9:30-10:30 a.m.	Magnolia	S Dutro	\$45

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion. Wednesday's class has an extra 15 minutes for strength training. *Classes run 10/1-12/21*.

182597	Mon	8-9 a.m.	Magnolia	K Adolphsen	\$50
182598	Wed	9-10:15 a.m.	Magnolia	K Adolphsen	\$68
182596	Fri	8-9 a.m.	Magnolia	K Adolphsen	\$50

Juicy Joints Aerobics—Intermediate

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! Second half includes toning with free weights and exercise for injury prevention. *No class Tuesday 10/9, no class Thursday 10/11.*

182728*	Tue	9:05-10:05 a.m.	Bitter Lake	J Rayor	\$45
182729*	Thu	9:05-10:05 a.m.	Bitter Lake	J Rayor	\$40

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

Beginner

209	••				
182733*	Mon	Noon-1 p.m.	Bitter Lake	M Chen	\$45
Advanced-Beginner					
182734 <mark>*</mark>	Mon	10-10:45 a.m.	Bitter Lake	M Chen	\$34
Intermediate					
182735*	Mon	10:45-11:45 a.m.	Bitter Lake	M Chen	\$45

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

182774*	Tue	10:30-11:30 a.m.	Loyal Heights	D O'Neill	\$50
182776	Wed	10:30-11:30 a.m.	Magnolia	M Jorgensen	\$50
182775 <mark>*</mark>	Thu	9:30-10:30 a.m.	Loyal Heights	D O'Neill	\$45
182773	Fri	10:30-11:30 a.m.	Magnolia	M Jorgensen	\$45

Strength and Conditioning

Body Conditioning

\$50

Build total body muscle strength utilizing dynabands, free weights, and fitness balls.

182585 *	Tue	10:50-11:50 a.m.	Bitter Lake	G Keeble

Chair Strength and Tone

\$45

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

182588*	Mon	1:30-2:15 p.m.	Bitter Lake	D Dragovich
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Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. Classes begin the second week of the quarter, 10/9-10/12.

182591 *	Tue	9:30-10:30 a.m.	Loyal Heights	R Buyce	\$41
182592*	Wed	9:30-10:30 a.m.	Loyal Heights	R Buyce	\$45
182590*	Thu	9:30-10:30 a.m.	Loyal Heights	R Buyce	\$45
182589*	Fri	10-11 a.m.	Bitter Lake	R Buyce	\$41

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Free to Kaiser Permanente members with Part B Medicare coverage (<u>limit 3 classes/week</u>). Must register each quarter. Register in person or over the phone for all enhance fitness classes. Online registration is not available. Classes run 10/1-12/21.

182594	Mon	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$50
182595	Wed	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$55
182593	Fri	12:30 -1:30 p.m.	Magnolia	K Adolphsen	\$50

Strength and Balance Circuit Training

Improve strength and balance through metabolic training exercises with short rest periods. Modifications will be provided to accommodate joint-challenged and beginners. Please bring a towel.

182760	Tue	Noon-12:45 p.m.	Green Lake	M Velasco	\$50
182761	Thu	Noon-12:45 p.m.	Green Lake	M Velasco	\$45

*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

FITNESS CLASSES

SAIL—a new way to stay active and independent!



SAIL—

Stay Active and Independent for Life

Improve your strength and balance with the SAIL program. Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. Exericses can be done seated or standing.

182757 Tue 11:30a.m.-12:30p.m. Ballard S Dutro 182758 Thu 11:30a.m.-12:30p.m. Ballard S Dutro

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

All Levels

182765	Wed	11:30 a.m12:30 p.m.	Green Lake	E Baxa	\$50
182763*	Fri	11:30 a.m12:20 p.m.	Loyal Heights	C Tan	\$45

Qigong: Meditative Movement \$36 and Energy Cultivation

Experience the happy-making, self-healing movements of Sheng Zhen Qigong (pronounced "shung jen chee kung"). This is a restorative, medical qigong that blends an ancient tradition with gentle, meditative movements while seated on a chair. Learn to synchronize breath, posture, and intention to clear, energize, and balance your qi (vital life-force energy). Qigong can improve your state of overall well-being physically, mentally, and emotionally. No experience is required for this class. All movements can be modified to meet the needs of each person's physical needs. Class runs 10/3-11/21.

182755* Wed Noon-1 p.m. Bitter Lake R Gould

Qigong-Shibashi

\$45

A simple, easy to learn system, with graceful, flowing movements. It enhances circulation and respiration and helps balance the forces of 'yin' and 'yang'. The 18 movements are easy to learn and highly effective and makes moving into Yan Taichi short form easier when you are ready to advance.

182754* Fri 12:30 -1:20 p.m. Loyal Heights C Tan

Yoga and Pilates

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Yoga

\$45

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. *All classes are non-flow style*.



Our yoga classes are for all abilities.

Gentle Yoga

NEW at Green Lake on Wednesdays.

182684*	Mon	10-11 a.m.	Loyal Heights	J Steidl	\$50
184540	Mon	10:15-11:15 a.m.	Green Lake	S Dwyer	\$50
184538	Mon	11:30 a.m12:30 p.m.	Green Lake	S Dwyer	\$50
182685 *	Wed	9:30-10:30 a.m.	Bitter Lake	H Mair	\$55
182686	Wed	1-2 p.m.	Green Lake	S Dwyer	\$55
184539	Wed	2:15-3:15 p.m.	Green Lake	S Dwyer	\$55
182683*	Fri	10:15-11:15 a.m.	Loyal Heights	J Green	\$50

Vini Yoga

182767	Wed	10:30-11:30 a.m.	Loyal Heights	A Mason	\$50
182768	Fri	9:15-10:15 a.m.	Magnolia	L Dunbar	\$50

Pilates \$45

Stabilize and strengthen your core and back, while improving your flexibility and posture.

Beginning

182753* Mon 11:30 a.m.-12:30 p.m. Loyal Heights D Dragovich

NEW Intermediate

184535* Tue 2-3 p.m. Loyal Heights D Dragovich

*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.



Robin Brannman
Northeast
Recreation Specialist

206-386-9106 / cell 206-300-2043 robin.brannman@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

Following trip registration, contact Robin at 206-386-9106 to request your departure location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES AND TIMES

Magnuson Brig

(Bldg 406) 6344 NE 74th St. 30 minutes before time listed.

Meadowbrook Community Center

10517 35th Ave. NE

15 minutes before time listed.

Northgate Mall Note location!

Elevators near Nordstrom Rack, at parking lot level. Departure at time listed.

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to fall registration on 8/7. See page 19 for events and 50 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

DISCOUNTS

Discounts are available for specific programs, and will be indicated with "Discount" where applicable.

\$80

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Triple Mountain Pass Adventure

Take in the last bit of summer with a scenic excursion on a charter bus trip! First, head out on Hwy 2 with a stop at Deception Falls for a brief hike and talk with a US Ranger, then over Stevens Pass to Leavenworth for lunch and sightseeing. Then travel over Blewett Pass to I-90, and in Cle Elum to enjoy a late afternoon treat. *No cancellations accepted after registration*. Scholarships are available, call to inquire.

Northgate Transit Center is the ONLY pick up location, meet at the SE corner of the intersection of NE 103rd St. and 3rd Ave. NE.

182561 10/3 Wed 8:30 a.m.-5:30 p.m.

UW Marching Band Practice and Tour

Enjoy this unique opportunity to watch the UW marching band practice at Husky Stadium. Tour of stadium, IMA, and/or HEC Ed. Date subject to change, please phone Robin at 206-386-9106 to confirm.

182803 10/4 Thu 3:30-8 p.m.

Low and Hi Ropes Course

\$12

\$12

Spend a glorious October day at Camp Long in West Seattle. As a group we will traverse the low ropes course. After a lunch break you will have the opportunity to challenge your balance skills, while attached to three independent safety harnesses, on the high ropes course, or explore the grounds on your own. *Bring a sack lunch*.

182799 10/8 Mon 9:30 a.m.-3:30 p.m.

FIELD TRIPS

Taproot Theater "Baskerville"

\$30

Sherlock Holmes is back and searches for clues to explain a mysterious death on a haunted moor. Five fearless actors conjure over 35 characters to deliver laughter and chills in this dizzyingly inventive adaptation of The Hound of the Baskervilles. Enjoy lunch on your own following in Greenwood.

182801

10/10

Wed

10 a.m.-2:30 p.m.

Thrill of Flight

\$55

Indoor skydiving at iFly. A trained educator will guide us through an interactive presentation, demos in the wind tunnel, and a few lab activities. Then we get to fly! All gear provided. Goodie bag included. Lunch on your own nearby.

182802

10/22

Mon

9:30 a.m.-3 p.m.

Transit Adventure Club

\$5

As a group Scott will lead us on a transit trip to the North Bend Outlet Mall, with some time in Issaguah. Limited time for shopping and lunch, on your own. Trip subject to fluidity based on traffic and schedule.

182841

11/5

Mon

8:45 a.m.-5 p.m.

Wing Luke Historic Hotel Tour \$10 + Fee This tour will take guests through the historically preserved spaces of this building which was built in 1910. Spaces include an old Chinese American mercantile

store and bedrooms in the Freeman Hotel, which once housed immigrants and labor workers throughout the 20th century. Lunch on your own nearby.

182804

11/8

Mon

10 a.m.-3:30 p.m.

Museum of Pop Culture

\$10 + Fee

Enjoy an exploration of Jimi Hendrix: handwritten notes, original music sheets, and family artifacts, as well as the history of Pearl Jam, the grunge rock band formed in the 1990s in Seattle. View original artwork from the Marvel Universe of Heroes: comics, props, and costumes from the films. Bring \$13 for admission. Lunch on your own.

182800

11/19

Mon

10 a.m.-2:30 p.m.

Woodland Park Wildlights \$10 + Fee and Dinner

Immerse yourself in good conversation over an evening meal. Then walk off those calories as you stroll through the sparkly wonderland of Woodland Park Zoo in the winter. Bring \$12 cash for admission and dinner on own.

182798

12/10

Mon

4-9 p.m.

NATURE WALKS AND EVENTS

Guided Fall Nature Scavenger Hunt

Let's explore with "the younger generation"! First a quick lesson by Magnuson's nature educator, then a guided scavenger hunt. Easy pace; receive a small prize if you find all scavenger hunt items!

Meet in the Hawthorne Hills Room in the Brig Building. Leader: Vashti Engebretson, Environmental Educator.

185496 10/12

Fri

2-4 p.m.

Magnuson

Fall Migration Bird Walk

\$15

Spot fall migrants and winter arrivals, including Pacific Chorus Frogs heading back to the wetlands! 1-2 miles walk on level trails. Meet at the sidewalk right next to the Boat Launch, just north of the E-2 parking lot on Lakeshore Drive. Proceeds donated to the Magnuson Children's Garden.

Leader: Emily Bishton, Naturalist and Master Birder

185491

10/19

Wed

9-11 a.m.

Magnuson



Come view the migrating birds with us this fall with Naturalist and Master Birder Emily Bishton!

Mindfulness in the Wetlands: \$35 **Creating Calm Within**

Learn a variety of skills for calming your mind and restoring your body and spirit in the colors of autumn. Instructors Deborah Wilk LMFT and Jessica Volpentesta LMHC are psychotherapists and co-founders of Mindful in the Wild www.mindfulinthewild.com.

Meet at the Education Pavilion in the Promontory Point area, just west of the boat ramp parking. See the Magnuson Park map at http://www.seattle.gov/parks/magnuson/ maps.htm.

182832

10/20

Sat

10:30 a.m.-Noon

Magnuson

SPECIAL EVENTS

Slay the Gerrymander and Free **Fix Democracy with Better Voting System**

Learn about our current voting system and the process of gerrymandering, as well as solutions/methods to create a more representative democracy. You will be able to try out a proportional representation voting system method using a ranked-choice ballot, and to ask guestions. Hosted by Cindy Black from Fix Democracy First.

182846	10/10	Wed	6:30-8 p.m.	Lake City
182792	11/1	Thu	10:30 a.m12:30 p.n	n. Meadowbrook

Best of Lifelong Recreation Art Show and Sale

Lifelong Recreation 2017-18 artists and instructors are invited to show and sell their recent creations at the Magnuson Brig, open for one day during the Best of the NW Art Show. Event is free to attend. Artists: you can display 3 pieces for free, \$35 to reserve a full table, \$20 for a half table. Please register to reserve display space. Reservation proceeds support Lifelong Recreation Art programs.

185482	11/10	Sat	Noon-4 p.m.	Mag Brig
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SOCIAL PROGRAMS

Book Clubs

Laurelhurst Book Club

Meets the third Wednesday each month. Pick up the latest book at Laurelhurst CC. Meets: 10/17, 11/21, and 12/19.

Free

182837	Wed	1-2 p.m.	Laurelhurst
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Meadowbrook Book Club

Meets the third Thursday each month. Pick up the latest book at Meadowbrook CC. Meets: 10/18, 11/15, and 12/20.

182786	Thu	11 a.mNoon	Meadowbrook
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Games

NEW Ancient Games

Free Gather with friends to enjoy historically inspired, strategy, tabletop games.

1st and 3rd Wednesdays Lake City 6-8:30 p.m.

Drop-In Bridge

Free

Play some bridge with friends.

Mon 1-4 p.m. Northgate

NEW Drop-In Chess Free

Play some chess with friends.

1-4 p.m. **Northgate**

Drop-In Mah Jongg

Enjoy a round of Mah Jongg.

Mon	Noon -3 p.m.	Laurelhurst
Thu	9:30-11 a.m.	Lake City
Fri	11 a.m2 p.m.	Laurelhurst

Mah Jongg for Beginners

\$20

Free

This class will introduce beginners to the basic rules and regulations of the game. Class size is limited to 5 participants so register early.

185517	Thu	9:30-11 a.m.	J Graupner-	Lake City
			Datars	

Lunch Programs

Food and Fitness: East African

Enjoy lunch and social, educational, and fitness programs as you celebrate your culture and language.

> Tue 11 a.m.-12:30 p.m. Northgate



Have a lively discussion at one of our book clubs!

ARTS AND HANDWORK

Painting in Community

\$40

Join others to paint in any water medium, using your own supplies.

185504

Tue 10 a.m.-Noon Mag Brig

\$100

Impressionism with a Bit of Abstract Painting

Combine Abstract Art with Impressionism! Learn about composition, values, color mixing, light, brushwork styles, and use the palette knife for more than just mixing color. Students can be anywhere from beginner to advanced. Call for supply list.

182843 10/2-10/30 Tue 9:30 a.m.-12:30 p.m. C Ailes Lk City \$100 9:30 a.m.-12:30 p.m. C Ailes 182844 11/6-12/11 Tue Lk City \$120

Guided Artist Studio

Four hours of mentored art studio time. Paint in a welcoming atmosphere with other dedicated, working artists. Class critique is given for guidance and support. View and promote class work at www.brigstudioartists. com. A \$5 materials fee is due to instructor on first day of class.

185485 10/5-11/2 Fri 10 a.m.-2 p.m. S Pope Magnuson 185486 11/9-12/14 Fri 10 a.m.-2 p.m. S Pope Magnuson

Seattle Parks Sketchers

Explore outdoor sketching using pencil, pen, and watercolor. All levels welcome. Spring and summer we offer instruction, fall and winter is a social independent gathering group. Meets 2nd Thursday of each month, 10/11, 11/8, 12/13. Locations TBD.

182848

Thu 1-2:30 p.m.

K Whitman

Offsite

\$6

LIFELONG LEARNING

Creative Memoir Writing

\$45

Discover a gentle, supportive approach to writing. With prompts and tips, we will write first drafts together in 10-minute sessions, followed by positive feedback.

182806

Fri

1:15-2:15 p.m. A Peizer

Northgate

Write Your Life Story

\$20

Write on your own and share what you've written in class. Small group, warm fellowship, comfortable environment to let your creative juices flow!

182797

Mon

10 a.m.-2 p.m.

Meadowbrook

Social Connections with UW Osher \$50

The Best American Essays of 2015 is the text for this course about individuals' connections to one another, society, and the times. We will read two essays each week, sequentially exploring: a) our selfcenteredness, from which we connect with others; b) marital connections, good and bad; c) parent-child connections; and d) racial and ethnic connections. Please buy or borrow the book, and come expecting a balance of lecture and lively discussion in this course! Led by Ellen Berg, sociologist.

Register for OLLI-UW at osher.uw.edu.

TBD 9/24-10/22 Mon 10 a.m.-Noon

Magnuson



LIFELONG LEARNING

NEW Wednesday Forum

Free

Magnuson Brig will be the new location for this wellestablished local discussion group involving local, regional, national, and international current events and concerns. There are often guest speakers, usually from the UW faculty. Open to all. Bring a sack lunch.

1st and 3rd Wednesdays

11 a.m.-1 p.m.

Mag Brig

Medicare 101

Free

Learn Medicare basics, the different premiums and copays in the "Medicare and YOU" handbook, and discover how to spend less on healthcare while having more fun! Meets 2nd and 4th Wednesday of each month. Instructor: J. Yraqui.

185503

Wed

11 a.m.-1 p.m. J Yraqui

Northgate

Traditional Simple Indian Food

\$15

Learn how to prepare healthy, simple, traditional Indian dishes. Examples you may learn to cook include curry, fried rice, papadum, naan, samosas, and rice. Class meets the second Saturday of the month: 10/13, 11/10, and 12/8.

182795

Sat

10:30-Noon

I Mohapatra Meadowbrook

Challah Bread Baking

\$35

Learn to make challah, a delicious fluffy braided egg bread. We'll provide all the ingredients and you'll make your very own loaf to take home, warm out of the oven! We'll also make hummus while we wait for the dough to rise. BYO apron.

182828 10/1

Mon

10 a.m.-1 p.m. M Shtern

Rav-Eck

Meditation Free

Join Mari Chin for these workshops designed for anyone wanting to bring peace and happiness into their lives through meditation and stress-free living. Learn how to meditate, calm your mind, open your heart, and empower yourself. Class size is limited, register early.

182787 10/3-10/24 Wed 182788 11/7-11/28 Wed

10-11:30 a.m. 10-11:30 a.m.

M Chin

M Chin Meadowbrook Meadowbrook

AARP Drivers Safety \$20/\$15 AARP Members Refresh your knowledge of driving skills and rules of the road. Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.

182764 10/13, 10/20

Sat

9:30 a.m.-1:30 p.m.

Meadowbrook

Cheesecake Designs

Learn hands-on how to make delicious, creamy cheesecake with beautiful swirling patterns using berries and chocolate sauces. You will get your own mini-cheesecake pan to keep! BYO apron. Gluten-free crust available upon request.

182829 11/4

Mon

11 a.m.-1 p.m. M Shtern

Rav-Eck

Navigating On-Line Travel Sites

Learn to navigate a variety of online travel sites. Hear tips and tricks to find deals on airfare, hotels, and rental cars. You can bring your own devices if desired but not necessary. Registration required.

TBD 11/15

Thu

4-5:30 p.m.

Meadowbrook

Book Talk and Treats

Free

Come and join librarians from The Seattle Public Library to talk about books! They will share reading suggestions in a variety of genres including historical fiction, mystery, nonfiction history, romance, fantasy/adventure, and humorous memoirs. Light refreshments provided. Registration required.

182826 12/3

Mon

2-3 p.m.

Rav-Eck



Get cooking this fall!

DROP-IN SPORTS

Drop-In Pickleball Free **All Levels** M/W

Rav-Eck 10 a.m.-1 p.m. M/W/F 11 a.m.-2 p.m. Northgate Northgate Tue 5-7 p.m. Meadowbrook T/Th Noon-2 p.m. Wed 6-8 p.m. Magnuson Sat 9-11:30 a.m. (Intergenerational-all ages) Rav-Eck 10 a.m.- Noon Magnuson Sat

Intermediate/Advanced

11:30 a.m.-2 p.m. Fri

Rav-Eck

Advanced

T/Th 10 a.m.-Noon Meadowbrook Note: Subject to change during public school breaks.

Dro	p-In Table Tennis	Free
Tue	9:30-10:15 a.m. (Beginners)	Lake City
Tue	10:15-11:30 a.m.	Lake City
W/F	5-8:30 p.m.	Lake City

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics \$45

Relieve stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

182805 Mon 11:15 a.m.-12:15 p.m. Northgate Mish Mish

Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music.

Beginner

185499	Wed	12:45-1:30 p.m. Mag Brig L Reese		\$38	
185500	Thu	6:45-7:45 p.m. Mag Brig D Hunsaker		\$50	
Advan	ced-Be	ginner			
185498	Tue	6:30-7:30 p.m.	Mag Brig	D Hunsaker	\$50
185497	Wed	Noon-12:45 p.m.	Mag Brig	L Reese	\$38
182831	Fri	10-11 a.m.	Rav-Eck	D Hunsaker	\$45
Intermediate					
185501	Wed	10-11 a.m.	Mag Brig	L Reese	\$50
185502	Wed	11 a.mNoon	Mag Brig	L Reese	\$50

Nia

Experience the joy of movement. Nia is inspired by jazz, martial arts, and yoga, and is set to soul-stirring music.

Nia at Meadowbrook Session 1: 10/5-11/2

	182/90	Fri	10-11 a.m.	Meadowbrook	N Scher	\$50			
Nia at Meadowbrook Session 2: 11/9-12/14									
	182791	Fri	10-11 a.m.	Meadowbrook	N Scher	\$50			
	Nia at N	North	gate Session	1: 10/4-11/3					
	182822	Thu	5-6 p.m.	Northgate	D Davis	\$50			
	Nia at Northgate Session 2: 11/8-12/13								
	182823	Thu	5-6 p.m.	Northgate	D Davis	\$50			

Nia Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

182789 Fri 11:15 a.m.-12:15 p.m. Meadowbrook N Scher

Rock n Roll Dance \$50

Dance if you know how, or we'll teach you if you don't. Half-hour lesson, one-hour dance, mini-lessons throughout. It's about the fun! Wear smooth soled shoes or just socks.

Session 1: 10/5-11/2

185508 Fri 7-8:30 p.m. Mag Brig L Townsend-West

Session 2: 11/9-12/14

185509 Fri 7-8:30 p.m. Mag Brig L Townsend-West

Thriller Dance Class

\$24

Come learn to dance like the Thriller video this October! *Class runs 10/2-10/23.*

TBD Tue 6:45-7:45 p.m. Northgate S Simmons

World Beat Dance Aerobics

Get fit and have fun while you exercise to music from around the world combining aerobics with movements inspired by flamenco, belly dance, Bollywood, line dance, and popular Latin moves.

182796	Wed	10:30-11:30 a.m.	Meadowbrook	Mish Mish	\$50
182821	Thu	10:30-11:30 a.m.	Northgate	Mish Mish	\$55



Keep moving in one of our fitness classes!

Strength and Conditioning

Body Conditioning

Build total body muscle strength using dynabands, free weights, and fitness balls.

182824	Mon	9-10 a.m.	Rav-Eck	C Lorenz	\$50
182825	Wed	9-10 a.m.	Rav-Eck	C Lorenz	\$55

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week).

Register in person or over the phone for all EnhanceFitness classes. Online registration is not available.

182834	Mon	9-10 a.m.	Lake City	Mish Mish	\$45
185488	Tue	8-9 a.m.	Mag Brig	J Shearer	\$50
185489	Tue	9-10 a.m.	Mag Brig	J Shearer	\$50
182807	Tue	2-3 p.m.	Northgate	M Taplin	\$50
182835	Wed	9-10 a.m.	Lake City	C House	\$50
185490	Thu	9-10 a.m.	Mag Brig	J Shearer	\$45
182809	Thu	1:30-2:30 p.m.	Northgate	M Taplin	\$45
182833	Fri	9-10 a.m.	Lake City	C House	\$45
185487	Fri	9-10 a.m.	Mag Brig	Mish Mish	\$45

FITNESS CLASSES

Exercise to Improve Balance

\$50

This exercise program will help you regain and improve your balance by working on core strength and routines which will support your balance for life.

182766	Mon	10:30 -11:20 a.m.	Meadowbrook	C Lorenz	
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Fitness Room Foundation + More \$60

Exercise with confidence, whether you've been exercising for years or have never been in a fitness room, this class is for you. Improve your strength, cardiovascular fitness, weight management, balance, and flexibility.

182811 Tue 11:30 a.m.-12:30 p.m. Northgate R Buyce

Fit Plus \$50

Stretch your boundaries and work a little harder to improve your overall fitness using cardiovascular and strength training exercises.

185492 Thu 8-9 a.m. Mag Brig J Shearer

Fun FIT!

Increase strength, decrease bodyfat, and improve overall conditioning in this FUNdamental FITness class. You will focus on the essentials: cardio, strength training, and cool down techniques with stretching. *Class runs* 9/11-12/13.

182769	Tue	6-7 p.m.	Meadowbrook	M Tuliao	\$70
182771	Thu	6-7 p.m.	Meadowbrook	M Tuliao	\$65

Strength and Conditioning

Build strength, flexibility, balance, and achieve better overall conditioning. **NEW** on Wednesday.

185510	Wed	7:45-8:45 a.m.	Mag Brig	J Shearer	\$60
181555	Fri	7:45-8:45 a.m.	Laurelhurst	J Shearer	\$55

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. *Classes at Laurelhurst run 11/6-12/11*.

All Levels

182838	Tue	11:45 a.m12:45 p.m.	Laurelhurst	R Friedman	\$27	
182839	Tue	12:45-1:45 p.m.	Laurelhurst	R Friedman	\$27	
182793	Wed	5:30-6:30 p.m.	Meadow brook	E Baxa	\$50	
182794	Thu	1-2 p.m.	Meadow brook	A Ross	\$45	
Beginner Wu						

Beginner wu

Mon

182819

Interm	ediate	Wu			
182820	Mon	2-3 p.m.	Northgate	J Proebstel	\$45

Northgate

J Proebstel \$45

Tai Chi and Qigong

Relaxing, ancient, meditative qigong moves are combined with beginning steps of the original tai chi.

All Levels

182818	Fri	2:30-3:30 p.m.	Northgate	A Peizer	\$45				
Beginn	ing								
185507	Wed	10:15-11:15 a.m.	Mag Brig	A Peizer	\$50				
Interm	Intermediate								
185506	Wed	11:30-12:30 p.m.	Mag Brig	A Peizer	\$50				

Yoga and Pilates

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

NEW Chair Yoga

\$55

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair yoga is adapted for individuals with mobility and balance challenges. The chair offers accessibility to yoga for those needing it.

182827 Tue 5:15-6:15 p.m. Rav-Eck D Bailey

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

182783	Mon	9-10 a.m.	Meadowbrook	H Mair	\$50
182836	Tue	8-9 a.m.	Laurelhurst	J Robin	\$55
182816	Tue	9:45-10:45 a.m.	Northgate	F Marazzi	\$55
185493	Tue	10-11 a.m.	Mag Brig	J Robin	\$55
182785	Wed	9-10 a.m.	Meadowbrook	J Robin	\$55
185494	Thu	9:30-10:30 a.m.	Mag Brig	J Robin	\$50
185495	Thu	5:30-6:30 p.m.	Mag Brig	H Mair	\$50
182830	Fri	9:45-10:45 a.m.	Rav-Eck	J Robin	\$50
182815	Fri	12:15-1:15 p.m.	Northgate	L Jilk	\$50
182784	Sat	9-10 a.m.	Meadowbrook	H Mair	\$45

Pilates

Stabilize and strengthen your core and back, while improving your flexibility and posture.

182847	Tue	11:30 a.m12:30 p.m.	Rav-Eck	D Dragovich \$55
182817	Wed	11:30 a.m12:30 p.m.	Northgate	D Dragovich \$55
185505	Thu	11:30 a.m12:30 p.m.	Mag Brig	D Dragovich \$50

1-2 p.m.



Angela P. Smith Central **Recreation Specialist**

206-684-4240 / cell 206-450-9522 angelap.smith@seattle.gov

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to fall registration on 8/7. See page 50 for details.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

Registered participants will be contacted 5 days prior to trip with date details, and to confirm departure site. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS DEPARTURE SITES AND TIMES

Belltown CC-415 Bell St. Northbound: 15 minutes before time listed.

Southbound: 15 minutes before time listed.

Garfield CC–2323 E Cherry St. May be available upon request, call for time.

Miller CC-330 19th Ave. E Northbound: 30 minutes before time listed.

Southbound: at time listed.

Queen Anne CC-1901-1st Ave. W Northbound: at time listed. Southbound: 30 minutes before time listed.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

DISCOUNTS

Discounts are available for specific programs, and will be indicated with "Discount" where applicable.



SENERATIONS AGING WITH PRIDE

We are working in partnership with "Generations Aging with Pride" (visit http://gapseattle.org/), a non-profit organization providing services for LGBTQ older adults and their families. Classes are noted by rainbow colors on the class number line.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Cirque Du Soleil

\$28 + Fee

"Volta" is a captivating voyage of discovery and transformation. Inspired in part by the adventurous spirit that fuels the culture of street sports, the show weaves acrobatics in a visually striking world driven by a stirring melodic score. Tickets \$55. No refunds after registration. Register by 9/21.

Southbound

185527 9/29 Sat 2:45-7 p.m.

Jazz Alley Luncheon

\$10

Enjoy the comfort of the nation's third longest running dinner club Dimitriou's Jazz Alley, a little history, a free lunch, and if we are lucky a bit of entertainment. Tipping strongly encouraged.

Northbound

182605 10/9 Tue 11:30 a.m.-2 p.m.

FIELD TRIPS

Issaquah Salmon Hatchery \$18 + Fee

See the salmon return home to the Issaquah Hatchery, the most visited of all Washington Department of Fish and Wildlife's hatcheries. Learn about their grueling journey at sea, fight against the current, to finally spawn in Issaquah Creek. \$2 donation for tour. Lunch on your own nearby.

Southbound

182604 10/16 Tue 9:30 a.m.-2:30 p.m.

Mushroom Farm

\$25

Have you ever wondered how mushrooms are grown for production? Join us as we head to Ostrom's Mushroom farm near Olympia to find out. We will take a tour of their facility and learn all we can about fungi! *Lunch on your own following*.

Northbound

182606 10/30 Tue 9:30 a.m.-2:30 p.m.

Redwind Casino

\$10

Good luck and have fun at this gaming facility near Olympia. Receive 25% off of the buffet with a club card. *Transportation provided by Redwind. Garfield CC pickup only.*

182607 11/13 Tue 9:30 a.m.-4:30 p.m.



Come enjoy lunch and jazz at our Jazz Alley Luncheon, see facing page 24.

Seattle Chocolate Tour and Mall \$18 + Fee Discover the history of untold stories of Seattle Chocolate Company and taste signature recipes throughout your journey. We'll explore chocolate-making machines and see the start-to-finish creation of truffles and bars. Next, enjoy your free time at Southcenter Mall for holiday shopping and a bit to eat. \$10 tour fee due by 11/13. Lunch on your own.

Southbound

182608 11/27 Tue 10 a.m.-3 p.m.



Join us on a field trip!

Culinary Art Lunch Club

\$10

Enjoy lunch at the highly regarded Culinary Arts Program at South Seattle College where students prepare savory and sweet meals for the moderate palate. *Cost of lunch on your own*.

Southbound

182603 12/4 Tue 11 a.m.-2 p.m.

Singing Christmas Tree— \$18 + Fee **Intergenerational**

Enjoy the 56th season of the Singing Christmas Tree with your family, the young, and the young at heart. Listen to holiday music, see breathtaking lights and sets. This is one of the longest running productions in the country. Reserved seat ticket price \$17. Mail check payable to City of Seattle or credit account for price of ticket by Oct 31. Accessible transportation provided for ages 3 and up. Space is limited.

Southbound

182609 12/9 Sun 1:15-7 p.m.

SOCIAL PROGRAMS

Games

Drop-In Bridge Free

Drop-In play for bridge players.

All Levels

Fri 1-4 p.m. Montlake

Intermediate

Tue 12:30-3:30 p.m. Queen Anne

Drop-In Mah Jongg Free

Our groups are willing to teach new players! Drop in and play this fun game using Chinese tiles. Stay and play, the more the merrier! Bring your Mah Jongg set if you have one. American-style.

Fri 1:30-4:30 p.m. Queen Anne

Senior Games Free

Come enjoy games and fun every Tuesday and Friday afternoon.

Tue 2:30-5:30 p.m. IDCC Fri 2:30-5:30 p.m. IDCC

Lunch Programs

Food and Fitness

Enjoy lunch, social, educational, and fitness programs as you celebrate your culture and language. *Please call* 206-684-4664 to reserve your meal.

Korean Tue/Fri 10 a.m.-Noon Miller Vietnamese Tue/Fri 10 a.m.-1 p.m. Garfield

Monday Meals

Fresh cooked healthy meals most Mondays. First comefirst served, after reserved meals are offered. To ensure a meal, make a reservation the Friday before by calling 206-684-4240. Menu subject to change without notice.

Mon Noon-1 p.m. Queen Anne

\$4 (\$30/8 meals)

Movies

Lunch and a Movie at Queen Anne Free 2nd Wednesday of each month enjoy movies with great company along with a scrumptious lunch. <u>5-day advance registration required</u>, please call 206-684-4240 to register.

185528	10/10	Wed	1:15-3:30 p.m.	Queen Anne
185572	11/14	Wed	1:15-3:30 p.m.	Queen Anne
185573	12/12	Wed	1:15-3:30 p.m.	Queen Anne

ARTS AND HANDWORK

Crafty Ladies Free

Drop-In knitting, crochet, needlepoint, or quilting.

Thu 1:30-4 p.m. Queen Anne

Watercolor for Beginners \$90

Gain confidence with simple exercises that will then be used in a painting. Topics will include: use of the appropriate transparent, opaque and staining pigments to produce values and colors with impact; the color wheel - how it can help you; mixing luminous grays and neutrals; painting white objects, skies, and clouds.

182614 10/2-10/30 Tue 1-3:30 p.m. S Waite Montlake 182615 11/6-11/27 Tue 1-3:30 p.m. S Waite Montlake

Watercolor: Seasonal Explorations \$90

Expand your existing watercolor painting abilities with fun exercises that will be used in later works. Working from life and photos, topics will include creating textures with tricks, design and composition basics, thoughtful edges, and more.

182610 10/3-10/31 Wed 10 a.m.-12:30 p.m. S Waite Montlake 182612 10/3-10/31 Wed 1-3:30 p.m. S Waite Montlake

LIFELONG LEARNING

Stroke Awareness/Hands-Only CPR Free Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

 182486
 10/12
 Fri
 11 a.m.-Noon
 Belltown

 182487
 11/5
 Mon
 1-2 p.m.
 Montlake

AARP Drivers Safety \$20/\$15 AARP Members Refresh your knowledge of driving skills and the rules of the road. By completing this 8-hour course, you may be eligible to receive a discount on your car insurance. Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.

 180913
 7/17
 Tue
 9 a.m.-5 p.m.
 Áegis on Madison

 180914
 8/14
 Tue
 9 a.m.-5 p.m.
 Áegis on Madison

 180915
 9/11
 Tue
 9 a.m.-5 p.m.
 Áegis on Madison

ESL for Fun Free

Learning for fun using poems and songs. Gain self-confidence and become your own interpreter and translator.

Tue/Fri 9:30-10:30 a.m. W Nguyen Garfield

DROP-IN SPORTS

Drop-In Pickleball

Free

Free

All Levels

Mon	10:15 a.m1:15 p.m.	Miller
Wed	11 a.m1 p.m.	Queen Anne
Fri	10 a.mNoon	Miller

Intermediate/Advanced

Non 6-8:45 p.m. IDCC

Drop-In Table Tennis

T/F	10:30 a.m1:30 p.m.	Garfield*
Tue	3:30-5 p.m.	IDCC
Fri	2:30-5 p.m.	IDCC

^{*} Lunch available on-site at Garfield for \$3.50.

FREE and Open to All Drop-In to the Vietnamese Senior Association

Tuesdays and Fridays Line Dance 10-11 a.m. Stick Tai Chi 11-11:30 a.m.

Lunch possible with advance request and \$5 donation.

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc.

Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics

\$41

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing. *No class 11/19*.

182572 Mon 10:30-11:30 a.m. Queen Anne

Drop-In Chinese Dance

\$3 (Age 65+ \$2)

Move with grace to traditional Chinese music in this instructor-led class.

Thu 10 a.m.-Noon IDCC

Dance for Parkinson's

Free

Explore dance movements in a welcoming environment with Live Music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends. Registration with NW Parkinson's Foundation also required at www.nwpf.org.

185562 9/6-10/25 Thu 11 a.m.-12:30 p.m. Garfield

Drop-In Line Dance

\$3 (Age 65+ \$2)

Dance, Dance, Dance! Join this low-cost, instructor-led class and learn to dance. No experience or partner needed. Class is taught in Mandarin.

All Levels

Mon 11 a.m.-12:30 p.m. IDCC Fri 11 a.m.-12:30 p.m. IDCC

Line Dance \$45

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

All Levels

182569 Thu 6:15-7:15 p.m. Queen Anne C Banta

Zumba® Gold

\$45

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy! *No class 11/19*.

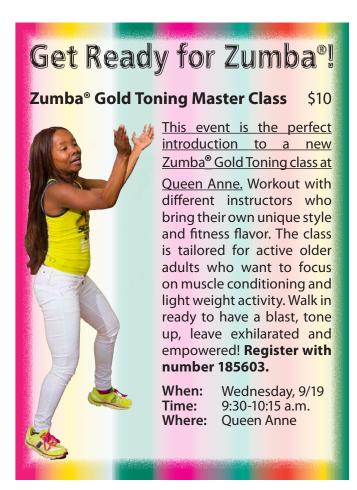
182586 Mon 9:30-10:30 a.m. Queen Anne D O'Neill 182587 Wed 9:30-10:30 a.m. Queen Anne D O'Neill

Zumba® Gold Toning

\$45

Shake and sculpt your way to a healthy body! The dance party you love set to a slower pace, and incorporating toning sticks, for low to moderate intensity strength training.

185601 Fri 12:15-1 p.m. Queen Anne



FITNESS CLASSES

Strength and Conditioning

Arthritis Exercise Program

\$45

An exercise program done primarily sitting in chairs and designed for people just beginning an exercise program or who have arthritis.

182480	Wed	11:30 a.m12:30 p.m.	Queen Anne	S Dwyer-Schick
182479	Fri	11:30 a.m12:30 p.m.	Queen Anne	S Dwyer-Schick

Circuit Training

\$55

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

182484	Tue	9:30-10:30 a.m.	Queen Anne	CLorenz
182485	Tue	10:45-11:45 a.m.	Queen Anne	CLorenz
182482	Thu	9:30-10:30 a.m.	Queen Anne	CLorenz
182483	Thu	10:45-11:45 a.m.	Oueen Anne	Clorenz

EnhanceFitness

\$45

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week). Must register each quarter. Register in person or over the phone for all enhance fitness classes. Online registration is not available.

Location: Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

182528	Mon	8-9 a.m.	Kaiser Perm.	C Grekoff
182529	Mon	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff
182530	Mon	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff
182539	Mon	2-3 p.m.	Kaiser Perm.	G Keeble
182540	Mon	3:15-4:15 p.m.	Kaiser Perm.	G Keeble
182546	Tue	8-9 a.m.	Kaiser Perm.	C Grekoff
182547	Tue	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff
182548	Tue	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff
182549	Wed	8-9 a.m.	Kaiser Perm.	C Grekoff
182550	Wed	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff
182551	Wed	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff
182552	Wed	2-3 p.m.	Kaiser Perm.	G Keeble
182553	Wed	3:15-4:15 p.m.	Kaiser Perm.	G Keeble
182542	Thu	8-9 a.m.	Kaiser Perm.	C Grekoff
182543	Thu	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff
182544	Thu	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff
182502	Fri	8-9 a.m.	Kaiser Perm.	C Grekoff
182506	Fri	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff
182514	Fri	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff
182517	Fri	2-3 p.m.	Kaiser Perm.	G Keeble
182523	Fri	3:15-4:15 p.m.	Kaiser Perm.	G Keeble

Minds in Motion

\$22.75

Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Áegis Living. Register with Cayce at 206-615-0100.

182570 Mon 2-3 p.m. Miller C Grekoff



Practicing Tai Chi is a good way to maintain balance.

Tai Chi

Tai Chi

Improve balance and posture, increase strength, and calm your mind. Class at Montlake on Monday runs 11/5-12/10.

11:30 a.m.-12:30 p.m. Montlake

R Friedman

Oueen Anne E Baxa

\$22

\$45

All Levels

Mon

Thu

185576

182577

182578	Tue	10-11 a.m.	Queen Anne	E Baxa	\$50
182579	Thu	10:30-11:30 a.m.	Miller	E Baxa	\$45
Intermediate					

"T'ai Chi Chih®, Joy Through Movement!"

12:15-1:15 p.m.

Work through a slow moving meditative routine of nineteen moves and one pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome. Class on Monday begins 10/15.

182574	Mon	Noon-1 p.m.	Miller	L Robinson	\$36
182576	Wed	12:15-1:15 p.m.	Miller	L Robinson	\$50

FITNESS CLASSES

Yoga

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair yoga is adapted for individuals with mobility challenges and is sponsored by Country Doctor Community Health Clinic.

Chair '	Chair Yoga					
182481	Tue	12:30-1:30 p.m.	Miller	J Robin	Free	
Gentle	Gentle Yoga					
182554	Mon	10:30-11:30 a.m.	Miller	J Robin	\$50	
182557	Tue	8:15-9:15 a.m.	Montlake	H Karrfalt	\$55	
182558	Tue	9:30-10:30 a.m.	Montlake	H Karrfalt	\$55	
182564	Tue	1:30-2:30 p.m.	Miller	L Gardener	\$55	
182555	Thu	8:15-9:15 a.m.	Montlake	H Karrfalt	\$50	
182566	Thu	9:30-10:30 a.m.	Garfield	H Karrfalt	\$50	
182565	Thu	1:30-2:30 p.m.	Miller	L Gardener	\$55	
185567	Fri	10-11 a.m.	Belltown	H Karrfalt	\$55	

Gentle	Gentle Yoga: Drop-In			\$3 (Age 65+ \$2)		
	Wed	3-4 p.m.	IDCC			
Hatha	Yoga	No class Monda	ıy 11/19.			
182559	Mon	10-11 a.m.	Queen Anne	F Marazzi	\$45	
182560	Wed	11 a.mNoon	Queen Anne	J Reed	\$50	
Vini Yo	Vini Yoga No class Tuesday 11/20.					
182583	Tue	11:30 a.m12:30 p.m.	Queen Anne	L Dunbar	\$50	
182584	Fri	11 a.mNoon	Queen Anne	L Dunbar	\$50	

Breathe deep in one of our yoga classes!



RAINBOW RECREATION Programs for LGBTQ Adults 50+

Seattle Parks and Recreation, in partnership with

Generations Aging With Pride, is offering this slate of programs to our LGBTQ friends and allies as a result



of community input. We are looking for ideas and instructors to strengthen our course offerings to better serve this community! Please call Cheryl at 206-615-0619, or cell 206-450-9819, for more information.

Field Trips

Join us for fun and adventure! Departure sites are Miller Community Center and Northgate Nordstrom Rack. Call Cheryl at 206-615-0619 for more information.

Wild Horse Farm and Lunch \$30

Join us for a beautiful fall drive and tour of the Wild Horse Wind and Solar Facility located 16 miles east of Ellensburg. Enjoy a close-up view of the 149 wind turbines, explore the diverse education displays, learn about wind and solar technology, as well as the areas unique natural history. After, we will walk on outdoor trails with a 360 degree view of Mount Rainier, Mount Adams, Mount Hood, and the Columbia River Basin. Boxed lunches included in the price.

185484 10/11 Thu 9:30 a.m.-5 p.m.

Remlinger Farms

\$15 Autumn harvest...what a great time to go to the farm and buy produce, pies, jam, and more! We will visit Remlinger Farms in Carnation and find a great spot for

lunch (on your own). Departure sites: Miller CC at10 a.m., Northgate Mall Rack at 10:15 a.m.

185526 11/16 Fri 10 a.m.-4 p.m.



Garden d'Lights

\$12 + Fee

See the beautiful and unique light displays at Bellevue Botanical Garden. What a great kick off to the holiday season! Dinner (on your own) at The Crab Pot prior to the light show. Departure sites: Northgate CC 3:30 p.m., Miller CC 4 p.m.

185483 12/11 Tue 4-9 p.m.

Education

Block Printing with Seniors Creating Art Free Join this class that is especially for our LGBTQ friends

and allies. It is taught by a working artist, all supplies included! Seniors Creating Art is a non-profit offering arts programming for adults aged 50+. Please call to register, 206-615-0619. Class runs 10/11 through 12/6.

> Thu 1-3 p.m. S Waite Montlake

Writers Workshop

\$10

Write for yourself or others. Prompts and examples help get you started in this small, supportive group. People with Early Stage Memory Loss welcome. Class series begins 10/15.

182567 Mon 10-11:30 a.m M Edwards Miller

Reverse Mortgage Facts and Fiction

Free Learn the ins and outs of what a reverse mortgage can do for you. Ask guestions and find out if this is something you might consider for yourself or an aging parent. No sales, just information.

TBD 10/17 Wed 1-3 p.m. P Scobee Montlake

Find Love at Any Age!

Free

Don't give up! You CAN find a high quality relationship that feels good, and keeps getting better. Learn simple ways to meet like-minded singles, how to approach someone you're interested in, and de-code online dating.

11/7 Wed 1-3 p.m. **U** Drake Montlake

Fitness

EnhanceFitness

See page 28 for details.

182540	Mon	3:15-4:15 p.m.	Kaiser Perm.	G Keeble	\$45
182553	Wed	3:15-4:15 p.m.	Kaiser Perm.	G Keeble	\$45
182523	Fri	3·15-4·15 n m	Kaiser Perm	G Keehle	\$45

"T'ai Chi Chih®, Joy Through Movement!"

See page 28 for details.

182574	Mon	Noon-1 p.m.	Miller	L Robinson	\$36
182576	Wed	Noon-1:15 p.m.	Miller	L Robinson	\$50

Gentle Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair seated participants welcome.

182564	Tue	1:30-2:30 p.m.	Miller	L Gardener	\$55
182565	Thu	1:30-2:30 p.m.	Miller	L Gardener	\$55



John Hasslinger Southwest Recreation Specialist

206-256-5403 / cell 206-423-3988 john.hasslinger@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIP9

Departure Site Request:

Following trip registration, call 206-256-5403 to request your departure location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS DEPARTURE SITES AND TIMES

High Point Community Center 6920 34th Ave. SW–

15 minutes before time listed.

Hiawatha Community Center

Departure at time listed on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School. Community center address: 2700 California Ave. SW.

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to fall registration on 8/7. See page 50 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Seattle Chinese Garden Tour \$10 + Donation Tour the incredible cultural garden that's in our own backyard. The Seattle Chinese Garden not only showcases a variety of vegetation, but also stone, architecture, and water elements that are customary to Chinese gardens. Enjoy a docent-led tour, followed by lunch at South Seattle College's Alhadeff Grill. Lunch on your own. Please bring \$5-\$10 suggested donation benefiting the Seattle Chinese Garden.

182508 10/4 Thu 9:45 a.m.-3 p.m.

Hunter's Breakfast \$37 + Breakfast A hearty breakfast, live music, famous apple butter, and gorgeous countryside. *\$8 breakfast on your own.*

182509 10/13 Sat 9:45 a.m.-4 p.m.

Woodland Park Zoo

\$10

If you haven't visited lately, you may be surprised with the new exhibits and interactive opportunities to really experience wildlife. Its 92 acres are divided into bioclimatic zones, featuring different natural habitats ranging from humid tropical rain forests and coastal deserts to temperate rain forests like those of the Pacific Northwest. Discover the amazing animals and experiences that await you when you explore the award-winning exhibits! Entry fee included. Pack a lunch or bring money to spend at zoo concessions.

182511 10/25 Thu 10 a.m.-3 p.m.

FIELD TRIPS

Fort Lewis Army Museum

\$25

Learn the history behind Fort Lewis and tour the historic museum that dates back to the First World War era. As a bonus, we expect this tour to include the new Hall of Valor that's slated to open in August. Lunch to follow on your own at the Dupont Super Buffet.

182505 11/1 Thu

9:15 a.m.-3 p.m.

Filson Seattle Flagship

\$10

Tour Filson's Seattle headquarters manufacturing facility to see how their craftspeople take the best raw materials from around the world and turn them into garments, bags, and gear that last for generations. Look closely, and you may even get to see some of the gear the product team upstairs has in development. Tour runs from 1:45-3:45 p.m.

182504

11/8

Thu

1:15-4:30 p.m.

Thrift and Asian Eats Shopping Trifecta \$18 Eastside shopping secrets shared! We'll hit two thrift stores frequented by smart shoppers who seek quality products at rock bottom prices, then head to Uwajimaya to explore a full array of Asian groceries, meat, produce, seafood, and gifts. It also features Sadako's Cafe serving hot and prepared Asian foods as well as a Sashimi Island with a variety of freshly prepared sashimi. Bring money for thrift and food purchases.

182510

11/15

Thu

9:45 a.m.-3:45 p.m.

Boeing Everett Plant Tour

\$41

This is a one-of-a-kind opportunity to view 747, 777, and 787 Dreamliners being assembled on the Everett production line before they take to the sky. Explore exhibits in the Aerospace Gallery, enter the Strato Deck, touch the skin of a 747, sit in a 727 cockpit, walk through the full-size mock-up of the US Space Laboratory Module Destiny, and more! This will be a 3-hour experience and includes walking, riding, and climbing stairs. No cancellations permitted after registration. Registration deadline is 9/11. Scholarships are available—please call to inquire.

182503

11/29

Thu

10:15 a.m.-4 p.m.

Garden d'Lights

\$18 + Fee

Get in the holiday spirit and stroll the beautifully lit trails of the Bellevue Botanical Garden. Garden d'Lights features over half a million sparkling lights formed into the whimsical shapes of plants, flowers, birds, animals, and cascading waterfalls set amid the natural beauty of the Bellevue Botanical Garden. Please bring \$5 for admission fee, all proceeds benefit the Bellevue Botanical Garden.

182507

12/6

Thu

3:30-7:30 p.m.



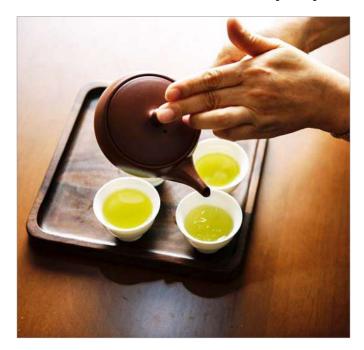
SPECIAL EVENTS

For the Love of Tea \$25/2 x 2 hr sessions Brought to you in partnership with the Seattle Chinese Garden Society. All proceeds benefit the preservation of this local treasure.

Session I: Learn about different tea varieties, merits of drinking tea, tea ware, brewing and sharing tea. You will sip a cup of tea, enjoy tea inspired poetry, and learn how tea drinking is a way of life in the world.

Session II: Participate and share in a Wu Wo Tea Gathering: making, serving, tasting and sharing tea, a special tea poetry reading and an intentional blessing.

182676 10/9, 10/16 Tue 10 a.m.-Noon C Gissing High Point



Perfect Storm: Why Trump Won

Lifelong Recreation welcomes Mike Purdy, presidential historian and the founder of http://PresidentialHistory.com. In "Perfect Storm: Why Trump Won" he will discuss the Trump presidency, the significance of the upcoming mid-term elections, and threats to American democracy, followed by a discussion. He is a popular speaker, an opinion writer for http://thehill.com, and is often quoted by the media about presidential history and politics. For advance tickets, please register online or call your local community center. Space is limited.

182515 10/16 Tue 6-7:30 p.m. High Point

Alki Potluck Free

It's your home-cooking that makes this meal special. Bring your favorite dish!

182673 12/12 Wed 11 a.m.-12:30 p.m. Alki

THANKSGIVING CELEBRATION



Join in a traditional Thanksgiving dinner with your neighbors and High Point Community Center staff. Turkey, dressing, and all the fixin's.

When: Thursday 11/15 5:30-7:30 p.m. (or until the

food is gone)
Where: High Point

Cost: \$2/person; meal includes main course,

beverage, and dessert.

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Free

Meets the third Thursday of each month: 10/18, 11/15, and 12/20.

182516 Thu 1-2 p.m. High Point

Games

\$7

Strategy Board Games

Free

The best games are fun and work your brain. They are linked to decreased incidence of dementia and Alzheimer's Disease! We'll also teach you how to download games on your computer at home. Contact Leslie Howle at 206-684-0364, or email leslie.howle@seattle.gov to register.

TBD 10/4-12/13 Thu 1-2:45 p.m. Delridge

Drop-In Bridge Free

Drop-In play for bridge players.

Mon 9:30 a.m.-Noon Delridge

ARTS AND HANDWORK

Creative Memoir Writing

\$45

Discover a gentle, supportive approach to writing. With prompts and tips, we will write first drafts together in 10-minute sessions, followed by positive feedback.

182501 Thu 11 a.m.-Noon A Peizer Delridge



Our writing classes are fun, positive, and helpful!

LIFELONG LEARNING

Stroke Awareness/Hands-Only CPR

Free Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

182498	10/10	Wed	11 a.mNoon	High Point
182499	10/22	Mon	6-7 p.m.	Delridge
182500	11/13	Tue	6-7 p.m.	High Point
182674	12/12	Wed	6-7 p.m.	South Park

Home Fire Safety Free

Learn how to prevent home fires and what to do in the event of a fire. Brought to you by the Seattle Fire Department. Seattle homeowners who complete the course and are on fixed income, or have a disability, or are senior age may qualify for a FREE smoke/carbon monoxide alarm installation.

182520	10/10	Mon	10-11 a.m.	B Mace	High Point
182518	10/23	Tue	10-11 a.m.	B Mace	Delridge
182519	11/27	Tue	10-11 a.m.	B Mace	Delridge
182521	12/5	Wed	10-11 a.m.	B Mace	High Point

Financial Empowerment Series— **Presented by BECU Investment Services**

The following series of financial workshops are presented by BECU Investment Services, community partner to Seattle Parks & Recreation. All sessions are FREE, taught by BECU Investment Services Advisors and brought to you with no sales pitch. Sign up today—space is limited!

B|E|C|U INVESTME SERVICES

INVESTMENT

10 Most Important Retirement Questions

Free

Whether you are planning your retirement, nearing retirement, or are already retired, learn the answers you need to know to the most common questions.

182489	10/24	Wed	11 a.mNoon	High Point
182490	11/6	Tue	6-7 p.m.	High Point
182488	11/20	Tue	11 a.mNoon	Delridge
182491	12/11	Tue	6-7 p.m.	High Point

Social Security Demystified

Free

Free

Learn about all the choices for filing and receiving your Social Security Benefits, including tax considerations, how social security dovetails with retirement earnings, how/ when to apply for Medicare, and more. Q and A time is included.

182533	10/23	Tue	6-7 p.m.	High Point
182532	11/7	Wed	11 a.mNoon	High Point
182531	11/27	Tue	11 a.mNoon	Delridge
182534	12/4	Tue	6-7 p.m.	High Point

10 Ouestions to Ask Your Financial Advisor

It's said that Americans spend more time shopping for a car than looking for a financial advisor. Scary! During this Q & A session you will be able to ask questions to determine whether you feel you are getting the value you expect from your advisor.

182494	10/9	Tue	6-7 p.m.	High Point
182493	11/14	Wed	11 a.mNoon	High Point
182495	11/20	Tue	6-7 p.m.	High Point
182492	12/4	Tue	11 a.mNoon	Delridge

* Securities offered through LPL Financial, Member FINRA/SIPC. Insurance products offered through LPL Financial or its licensed affiliates.

	t NCUA/ USIF	Union	Value	Not Obligations
Ins	ured	Guaranteed		of BECU

The LPL Financial Registered Representative associated with this site may only discuss and/or transact securities business with residents in all 50 states.

LIFELONG LEARNING

Delridge Rec Tech

Classes below take place at the Delridge Computer Lab. Contact Leslie Howle at 206-684-0364, or email leslie.howle@seattle.gov, to register, or with questions.

Adobe Photoshop Elements

Learn the interface and basic functions of Adobe Photoshop Elements including: resizing and cropping; adjusting brightness and color; and using tools to edit and enhance images. Bring a memory card or thumb drive with four photos on it to the first class.

TBD 10/16-10/30 Tue 1-2:30 p.m. Delridae

Digital Archiving Important Papers Free If disaster strikes, how quickly could you access a back-up copy of your birth certificate, will, vehicular title, or other documents? We will discuss how and where to digitize and store your important records in multiple locations.

TRD 11/6 Tue 1-2:30 p.m. Delridge

Turn Memories into Memoirs Free

Learn strategies to write effectively about key moments in your life. We will focus on short exercises to help you organize your thoughts and memories into a powerful memoire. Stories will be read and discussed in class.

TRD 11/13-12/4 Tue 1-2:45 p.m. Delridge

Create Holiday Cards and Gift Tags Free Learn how to use graphic design software to create personalized holiday or special occasion cards and gift tags using your own photographs or artwork.

TBD 12/5, 2/12 Wed 12:45-3 p.m. Delridge



One-on-One Computer Tutoring Free Need some help learning your way around your computer? One-on-one tutoring can help you work through any basic questions you have. Come on your own when it's convenient for you. Call the computer lab at 206-684-0364 to reserve time with the instructor.

Open Computer Lab Free

During open access hours, Rec Tech offers free time to use our technology resources for your own personal and professional needs.

> Delridge M-Th 5-6 p.m.

South Park Rec Tech

Classes below take place at the South Park Computer Lab. Contact Marcel Jones at 206-615-0981, or email marcel.jones@seattle.gov, to register, or with questions.

Introduction to Social Media Free

Learn how to safely use fun social networking sites like Facebook, NextDoor, SnapChat, and more!

TBD T/Th South Park 11 a.m.-2 p.m.

One-on-One Computer Tutoring Free

Receive personalized computer help by appointment. Learn how to safely use the internet, email, and social media, computer troubleshooting, and more!

> T/Th Noon-2 p.m. South Park

Open Computer Lab

Free

Open lab time for email, games, 3-D printing, and Photoshop. No appointment necessary, drop-ins welcome!

Energy Assistance Help

Free

Get help navigating the City of Seattle Seattle Public Utilities energy assistance programs. Weekdays by appointment.

Low Cost Internet Help

Free

Let us help you find low cost internet options that work for you and your family. Weekdays by appointment.

VOLUNTEER

Volunteer to support or lead our programs. If you are interested in sharing your time and skills, please contact john.hasslinger@seattle.gov.

DROP-IN SPORTS

Drop-In Pickleball All Levels Mon 10-11 a.m. High Point 6-8 p.m. (last day 11/13) High Point Mon 9:30-11:30 a.m. Delridge M/W M/W/F 10 a.m.-1:30 p.m. South Park Noon-2 p.m. Delridae T/Th 10 a.m.-Noon High Point Wed Wed 6-8 p.m. Delridge Fri 10 a.m.-Noon (closed 10/26) Hiawatha

Pickleball Skills

\$18

Free

Learn the basics of this popular sport, or brush up on your skills. For beginning or intermediate players.

182527* Mon 11 a.m.-12:30 p.m. M Anderson Highpoint

Drop-In Volleyball

Free

10 a.m.-Noon (closed 10/10) T/Th Delridge

FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music. No class at Alki 10/9 and 10/16.

All Levels

182522 182677	Tue Tue	10:15-11:15 a.m. 6:30-7:30 p.m.	Hiawatha Alki	L Reese L Reese	\$50 \$41		
Advanced Beginner							
182524	Tue	9:30-10:15 a.m.	Hiawatha	L Reese	\$40		

Nia Dance Fitness

\$55 Experience the joy of movement. Nia is inspired by jazz, martial arts, and yoga, and is set to soul-stirring music.

182525 Tue 10:15-11:15 a.m. Delridge N Scher

Nia Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with longterm or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

182526 11:45 a.m.-12:45 p.m. High Point N Scher

Tap Dance

A mixed level adult tap dance class to improve your tap knowledge, physical stamina, and mental prowess.

182537 Thu 12:30-1:30 p.m. High Point Instructor TBD

Zumba Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

182678	Mon	10-11 a.m.	Alki	M Jorgensen	\$46
182679	Tue	10-11 a.m.	Alki	M Jorgensen	\$50
182538	Thu	10-11 a.m.	Delridge	M Jorgensen	\$46

Strength and Conditioning

Fitness at Alki

\$50

Build total body muscle strength utilizing dynabands, free weights, and floor work. Improve balance, flexibility, and agility. Bring weights to class.

182675 Wed 10-11 a.m. M Dalzell Alki

Tai Chi

Tai Chi and Qigong Introduction

\$46

Qigong and tai chi elements are combined in one class to provide you with relaxing, ancient, meditative gigong moves along with beginning steps of the original tai chi short form derived from the lineage of Master Cheng Man-Ch'ing. Both gigong and tai chi help restore ease of movement, balance, stability, relaxation, alignment, subtle strength, and stamina. Movements are slow and fluid.

182536 Thu 12:15-1:15 p.m. Delridge A Peizer

Tai Chi and Qigong Review

\$41

This class is a continuation and review for students from winter, spring, or summer quarters. Qigong and tai chi elements are combined in one class to provide you with relaxing, ancient, meditative gigong moves along with beginning steps of the original tai chi short form derived from the lineage of Master Cheng Man-Ch'ing. No class 10/2.

182535 Fri 9:45-10:45 a.m. High Point H Dickinson

Yoga

\$50

\$50

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. No class 10/26.

182513 Tue 9-10 a.m. Delridge J Reed \$55 182512 Fri 11 a.m.-Noon High Point J Reed \$45

Outdoor Fitness and Nature

Alki Beach Friday Morning Walks

Free

What's better than getting exercise with views of the sound, beach, and mountains? To sign up, call 206-256-5403, or email john.hasslinger@seattle.gov for more information.

182497 Fridays 9:30-10:30 a.m. Alki Bathhouse



Anne Nguyen Southeast Recreation Specialist

206-684-7484 / cell 206-310-8163 anne.nguyen@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

Registered participants will be contacted 5 days prior to trip with date details and to confirm departure site. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES AND TIMES

Yesler Community Center

917 E Yesler Way-

30 minutes before time listed.

Rainier Community Center

4600 38th Ave. S-

15 minutes before time listed.

Jefferson Community Center

3801 Beacon Ave. S-

at listed time.

Rainier Beach Community Center and Pool

8825 Rainier Ave. S– May be available upon request, call for time.

SCHOLARSHIPS

The scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to fall registration on 8/7. See page 50 for details.

WELCOME to our new SE Recreation Specialist, Anne Nguyen!

Anne was raised in Saskatchewan, Canada, where she developed a passion for fitness and mental health while obtaining bachelor degrees in kinesiology and psychology from the University of Regina.

Through her graduate training as a chiropractor, Anne recognizes that optimal health is achieved through a balance of physical, emotional and spiritual health. In her professional and personal life, she has helped people of all ages and backgrounds implement strategies to

keep themselves active, healthy, and happy for years to come. Most recently, Anne planned and implemented recreational programs at a community center serving older Asian adults in Columbia City.

In her spare time she loves to explore the PNW and stay physically fit (current interests include weightlifting, HIIT, and yoga). She has a soft spot for pit bulls and hopes to foster many dogs and cats in the future.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Jazz Alley Luncheon

\$18

Enjoy the comfort of the nation's third longest running dinner club Dimitriou's Jazz Alley, a little history, a free lunch, and if we are lucky a bit of entertainment. Tipping strongly encouraged.

182747

10/9

Tue

10 a.m.-4 p.m.

Vashon Island Cider Tour

\$18 + Fee

Enjoy a ferry ride to Vashon Island to explore hand crafted hard apple and pear ciders. Tour the orchard and learn about cider making from fruit to bottle. Taste a variety of cider and take a cider glass with the company's logo home. Lunch on your own nearby with a stop at Granny's Attic. Bring \$18 for tour and ferry fee. Please dress for outside weather.

182750

10/19

Fri

9 a.m.-4 p.m.

FIELD TRIPS

Tulalip Casino

Fun games and great food options located in Maryville. Good luck! Lunch on your own.

182749

10/26

Fri

9:30 a.m.-4 p.m.

Snoqualmie Falls Walk and Outlet Shopping

\$18

\$25

Snoqualmie Falls is a 268 ft waterfall on the Snoqualmie River with an interpretive trail from the upper falls viewpoint to the lower falls viewpoint. The trail is good for all levels. 1.4 miles round trip. Lunch at Snoqualmie Casino (sorry, no drop-offs). After, shopping at North Bend Outlets. Lunch on your own.

182748

11/2

Fri

10 a.m.-3 p.m.

Seattle Humane Society Tour

\$18

\$14

Take a behind-the-scenes tour and learn about pet adoption, programs, and services at Seattle Humane Society's beautifully expanded shelter and veterinary teaching hospital. After the tour there will be an opportunity to visit with cats in the adoption area. Shopping and lunch on your own at Factoria Mall.

185656

11/9

10 a.m.-3 p.m.

West Seattle Harvest Festival

Fri

The Harvest Festival is quickly becoming a West Seattle beloved fall event. Harvest Fest brings out the costumed, the daring, and the musical community members.

182752

11/28

Wed

9 a.m.-4 p.m.



Tacoma American Car Museum \$25 + Fee

The White Glove Tour is ACM's premium tour experience that gets you up close and personal to ACM's timeless treasures. Go "bumper to bumper" with an in-depth, open-door look at some of ACM's most stunning vehicles as your docent guides you on your tour. These exclusive experiences and more are guaranteed to fuel your love affair with the automobile.

182751 12/7 Fri

9 a.m.-4 p.m.

SPECIAL EVENTS

Fall Potluck and Bingo!

Free

You bring a dish to share. After lunch, BINGO! Prizes for the winners. Pre-registration strongly encouraged.

185648 11/16

Fri

Noon-2:30 p.m.

Jefferson

Fabulous Over 50 Luncheon

\$2

Enjoy holiday entertainment, games, community information, lunch, and play bingo. Thanks to our local sponsors Park Place Assistive Living and Esperanza Apartments, this gathering happens once a quarter. Advance registration required.

185647

12/4

Tue

10:30 a.m.-1 p.m.

TBD

SOCIAL PROGRAMS

Lunch Programs

Food and Fitness: Ethiopian/Eritrean

Enjoy lunch and social, educational, and fitness programs as you celebrate your culture and language. Please call 206-684-4664 to reserve your meal.

Thu/Sat

11 a.m.-1 p.m.

Yesler



Games

Drop-In Bridge

Free

Drop-In play for bridge players.

Wed

11 a.m.-2 p.m.

Rainier

Drop-In Mah Jongg

Free

Fun game using Chinese tiles. Bring your Mah Jongg set if you have one and a snack to share. Basic skill set needed for group play.

Thu

Noon-2 p.m.

Rainier

Mexican Train—Dominos

Free

Come and learn how to play Mexican Train, aka Dominos. No experience necessary. This is a lively group that meets the 4th Thursday each month: 10/4, 11/1, and 12/6.

7-9 p.m.

Jefferson



Learn a new recipe or two in our cooking class!

ARTS AND HANDWORK

Needle Art	Circle		Free
	Thu	Noon-3 p.m.	Jefferson
Quilting			Free
	Fri	11 a.m2 p.m.	Jefferson
		•	_

Watercolor for Seniors Free

Use watercolor as a medium to express creative ideas in a welcoming environment. This program is led by a practicing artist, and is in partnership with Seniors Creating Art.

185657 10/4-11/8 Thu 10:30 a.m.-12:30 p.m. S Waite Rainier Beach



Discover your inner artist in Watercolor for Seniors!

LIFELONG LEARNING

AARP Online Learning— Free Drop-In Tech Help

Seniors wanting help using technology such as computers, smartphones, tablets, internet, email, social media, etc., feel free to come in during Open Drop-In.

M/T/Th/F	Noon-3 p.m.	Rainier
T/Th	11 a.m2 p.m.	Rainier Beach
TBD	TBD	Yesler

Cooking with Miss Marla \$20

Learn to cook delicious dishes. After cooking, everyone sits down to enjoy the meal together. You'll leave with a few recipes and information on where to find ingredients. Enjoy good food and good community.

185645	10/14	Sun	11 a.m1 p.m.	Yesler
185646	12/2	Sun	11 a.m1 p.m.	Rainier Beach

AARP Drivers Safety \$20/\$15 AARP Members Refresh your knowledge of driving skills and the rules of the road. By completing this 8-hour course, you may be eligible to receive a discount on your car insurance. Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.

185642	11/5, 11/6 Mon/Tue	9:30 a.m1:30 p.m.	Rainier Beach
185643	11/8, 11/9 Thu/Fri	9:30 a.m1:30 p.m.	Jefferson

DROP-IN SPORTS

Drop-In Pickleball Free All Levels

T/Th10 a.m.-1 p.m.RainierT/Th10 a.m.-NoonYeslerW/F10 a.m.-NoonVan Asselt

Competitive

Mon 10 a.m.-Noon Jefferson

Pickleball Skills \$25

Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

185653 Mon 8:30-10 a.m. M Anderson Rainier

FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc.

Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics \$41

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

185654 Wed 8:30-9:30 a.m. Jefferson T Duncan

Line Dance \$45

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

Beginner

185651 Thu 11:30 a.m.-12:30 p.m. Van Asselt L Reese

Advanced-Beginner

 185649
 Thu
 12:30-1 p.m.
 Van Asselt L Reese

 185650
 Fri
 10-11 a.m.
 Jefferson M Chen

Intermediate

185652 Thu 1-2 p.m. Van Asselt L Reese

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

185658	Mon	11 a.mNoon	Jefferson	C House	\$41
185659	Fri	11 a.mNoon	Jefferson	C House	\$45

Strength and Conditioning

Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotat among taing stations.

182808		8-9 a.m.	Rainier	Y Long	\$45
185644	Wed	8-9 a.m.	Rainier	Y Long	\$50

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. Free to Kaiser Permanente members with Part B Medicare coverage (<u>limit 3 classes/week</u>). Must register each quarter.

Register in person or over the phone for all EnhanceFitness classes. Online registration is not available.

182812	Mon	9:15-10:15 a.m.	Rainier	Y Long	\$45
182813	Wed	9:15-10:15 a.m.	Rainier	Y Long	\$50
182814	Fri	9:15-10:15 a.m.	Rainier	K McGeorge	\$50



EnhanceFitness keeps bodies moving!

Tai Chi

Tai Chi \$45

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. *Class begins 10/9.*

All Levels

185655 Tue 12:30-1:30 p.m. Yesler E Baxa

Drop-In Tai Chi at Rainier Beach \$3

M/Th 9:30-10:30 a.m. Rainier Beach S Hiserman



Tamara Keefe Sound Steps Program Coordinator

206-684-4664 / cell 206-399-4655 tamara.keefe@seattle.gov **Stay Connected!**

- · Follow us on Facebook.
- Visit the Sound Steps blog at seattlesoundsteps.wordpress.com.
- Email sound.steps@seattle.gov to receive the E-newsletter.

Sound Steps is a community-driven walking program designed for all levels of walkers. Whether you are just starting out, or have already walked marathons, there is a group for you!

Please register for programs using the barcode provided. See page 43 for registration information or call the program coordinator if you have questions.

Hikes: Levels of Difficulty



Easy -

paved, smooth and fairly level trail surface; recommended for beginners





Moderate -

some hills; exposed roots and rocks possible





Challenging -

some difficult terrain; hills or stairs







steep hills, significant elevation gain; for advanced hikers

HIKES AND TRIPS

Enjoy the great outdoors! Two regular departure sites:

SOUTHEND: Jefferson Community Center

NORTHEND: 8061 Densmore Ave. N

Departure times are listed and vary based on destination. Return times are approximate. <u>Please bring a lunch and plenty of water.</u> Register online or at your local community center.

Ebey's Landing







This 3.7 mile loop hike on Whidbey Island includes a climb up to farmland, a path along the bluff with Puget Sound and mountain views, a zig-zag down the sandy hillside, and a walk along a rocky beach. And a ferry ride! Return 4:30 p.m.

182851 10/1 Me

Jefferson CC: Densmore: 9 a.m. 9:30 a.m.

Evans Creek Preserve



\$18

Wetlands, meadows, and hillside forest can be found in this 179-acre farmstead-turned-suburban nature preserve that will thrill both the hiker and the birdwatcher. 4.2 mile round-trip trail system through gentle terrain includes some ADA accessible crushed gravel trails, as well as boardwalk. Return 2:30 p.m.

182852 11/5

Mon

Densmore: Jefferson CC:

9 a.m. 9:30 a.m. **Discovery Park**



\$15

A naturalist-led adventure through the forest, including native plant ID, in this treasure of a city park. 1 to 2 miles on gentle terrain. Return time 1:30 p.m.

182850

12/13

Thu

Densmore: Jefferson CC: 9 a.m. 9:30 a.m.

EVENTS

Holiday Lights Walk



Join the 4th Annual Sound Steps and Greenwood Senior Ctr Potluck and Holiday Lights Walk!

Bring a dish to share, then enjoy a 2.2 mile round trip walk to see the five-meter-high, 7,500 LED "GloCone" at the old air-raid tower, and the neighborhood holiday monkeys. Don't forget to

wear your festive lights for fun, and visibility! Must register in advance with number 185700.

When: Wednesday, 12/12, 5-8 p.m.

Cost: Fr

WEEKLY WALKS - NORTH

Ballard Sound Steps

Enjoy varied marine activity along the Lake Washington Ship Canal including tugs, barges, sail boats, cabin cruisers and crew boats, as well as Canada Geese, Great Blue Heron and other birds. Three miles, flat, paved Burke-Gilman Trail. Moderate pace. Meet at the Ballard Fred Meyer main entrance, 915 NW 45th St.

182709 Mon 9:30-10:30 a.m. Fred Meyer

Carkeek Park Hike

Three miles, some hills, natural surface forest trails with views of Puget Sound and occasional forays through adjacent streets. Moderate pace. Meet at Eddie McAbee entrance, NW 100th and 6th Ave. NW.

182710 Wed 10-11:30 a.m. Eddie McAbee entrance

Senior Zoo Walkers \$20/13 wks

Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Fitness leader warm-up at 9:15 a.m. Sign up online: http://www.zoo.org/seniorzoowalkers. Meet at Woodland Park Zoo, South Gate, 50th and Fremont.

> T/Th 9:15-11 a.m. Woodland Park 700

Green Lake Loopers

Walk the three-mile loop at a gentle or moderate pace. Monthly group; hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church, 6350 E Green Lake Way N, cross street is Meridian Ave. N. RSVP to WCSC: 206-461-7825.

182712 Fri 1:30 p.m. Green Lake

North Greenwood Sound Steps

Three miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso, 14419 Greenwood Ave. N (Diva Espresso at the northernmost end of Greenwood Ave.). Call Nancy at 206-851-6860 if you'd like more information.

182715 Mon 9:30-10:30 a.m.

Sound Steps Strollers

Start taking steps toward a healthier you! This program is designed for beginner walkers, people with mobility challenges, and those who use mobility aides. Group meets at the food court at Northgate Mall, located at the south entrance near the parking garage. Led by volunteer walk leader, Patty Young, 206-365-6691.

182718 Sat 9 a.m. Northgate Mall

Magnuson Park

All ages welcome! Walk with a group as we explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. Please call Anu before attending at 505-412-0274. Meet outside Sand Point Tennis Center Entrance.

182714 10 a.m. Magnuson Park



WEEKLY WALKS - CENTRAL

Space Needle Loop

Walk the 1.5-mile loop from Brookdale Queen Anne to the Space Needle/Seattle Center at a gentle or moderate pace. Some small hills. Meet at 805 4th Ave. N, Seattle, 98019 on Saturday mornings at 10:30 a.m. Light refreshments will be provided after the walk. Call Michael Tubbs at 206-284-0055 for more information.

182720 Sat 10:30-11:30 a.m. 805 4th Ave. N

Pike Place Market Sound Steps

Three miles, flat, paved with waterfront views. At your own pace. Meet at the Market Commons, 100 Western Ave., just south of Victor Steinbruck Park.

182717 Thu 10:15-11:15 a.m. 85 Pike St.

Discovery Park Sound Steps

2.8 miles, some hills, natural surface trails with Puget Sound views. Moderate pace. Meet at the visitor center.

182711 Fri 10-11 a.m. Discovery Park

WEEKLY WALKS - SOUTH/WEST

Lincoln Park Sound Steps

Three miles, some hills, natural and paved surface trails along Puget Sound. All paces welcome. Meet at the south end of the north parking lot.

182713 Mon 10-11:15 a.m. Lincoln Park

Rainier Beach Indoor Walk

Walk laps to music inside the gym at your own pace.

182849 T/W 10-11 a.m. Rainier Beach CC

NEW Roxhill Park

Join your neighbors for a walk on the Longfellow Creek Trail, through Roxhill Park on a .5 mile loop—stop there or continue on for another loop for one mile total. Meet at the trail entrance on Barton (just south of crosswalk, behind the bus stop).

185699 Wed 3 p.m. Roxhill Park





Join us for a walk and meet some new friends!

SOUND STRIDERS

Enjoy faster, longer walks? Free Join 'Sound Striders' for five to six mile moderately-paced walks every week! Meet at 8 a.m. for coffee; walk

paced walks every week! Meet at 8 a.m. for coffee; walk leaves at 8:30 a.m. Each month we explore a different Seattle neighborhood. Call 206-684-4664 for current walk locations, or view on the blog, under <u>Weekly Walking Groups>Sound Striders</u>.

NORTH Striders Tuesdays 182716 SOUTH Striders Thursdays 182719



Cayce Cheairs
Dementia-Friendly
Recreation Specialist

206-615-0100 / cell 206-786-2365 *cayce.cheairs@seattle.gov*

Working with community partners, we offer a variety of dementiafriendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. We welcome your ideas and feedback!

Most of our programs are geared toward those living with early stage memory loss, unless otherwise noted. One care partner per participant is welcome for no additional charge.

For more information or to register, contact Cayce Cheairs, or the contact person noted in the description.

Receive monthly updates!

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at http://www.seattle.gov/parks/find/dementia-friendly-recreation.

SOCIAL PROGRAMS

Free

Momentia Mondays

Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC), Elderwise, and Taproot Theatre. Please call the SESSC to confirm the program details, at 206-722-0317.

Location: SESSC, 4655 S Holly St.

Mondays 10:30-11:30 a.m.

West Seattle Momentia Mix

Explore, create, and connect each month at Camp Long! Enjoy socializing, light refreshments, and rotating activities, such as music, movement, improv, art, BINGO, and more. Offered in partnership with Providence Mount St. Vincent, Quail Park Memory Care, Senior Center of West Seattle. *No registration required. Call Cayce with questions.*

Free

Location: Camp Long, 5200 35th Ave. SW.

10/27, 11/24 4th Saturdays 10:30 a.m.-Noon 12/15 3rd Saturday 10:30 a.m.-Noon



You'll have a great time at one of our Momentia programs!

CREATIVE ENGAGEMENT

"Arts in the Park" Watercolor Painting \$15

Engage with art and nature in community! A skilled Elderwise facilitator leads this three-session series open to persons living with dementia and care partners. The two-hour session includes time to explore in the garden, light refreshments, and a guided painting experience inspired by the Japanese Garden. Sponsored by Careforce. Morning or afternoon session, one series per participant. Space limited, register by 10/8.

Location: Japanese Garden, 1075 Lake Wa Blvd. E.

10/16, 10/23, 10/30 Tuesdays 10 a.m.-Noon *OR* 1:30-3:30 p.m.

Friendly Folk Dance

Free

Join Momentia Mondays for an inclusive community dance experience once a month. Teaching artist and folk dance master, Susan Wickett-Ford, leads simple moves with inspiring music from around the world. All abilities welcome, seated dance options available. Offered in partnership with Silver Kite Community Arts and SESSC, sponsored by Aegis Living. Call SESSC to confirm program details at 206-722-0317.

Location: SESSC, 4655 S Holly St.

10/8, 11/5, and 12/3 Mondays 10:30-11:30 a.m.

FITNESS

Minds In Motion

S2.

Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Áegis Living. Register with Cayce at 206-615-0100. No class 11/12. Instructor: C Grekoff.

Mondays 2-3 p.m. Miller CC

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: www.momentiaseattle.org.

OUTDOOR RECREATION

Garden Discovery Walks

Free

Savor the season with mindful slow-paced walks through Seattle public gardens. Each walk is followed by a creative, nature-inspired activity developed by registered horticulture therapist, Laura Rumpf. Light refreshments provided, bring a bag lunch for after (optional). Offered in partnership with UW Memory and Brain Wellness Center. Contact Cayce for locations. Register by Tuesday beforehand.

10/5, 11/2 1st Fridays 10 a.m.-Noon Various Locations



Getting out and about in nature makes everyone smile!

Out and About Walks

Free

Invigorate body, brain, and spirit with two to three mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. End with a social gathering in a nearby cafe. Registration required, contact Cayce for more information.

2nd and 4th Fridays 10 a.m.-12:30 p.m. Various Locations

Early Stage Memory Loss Zoo Walk Free Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. *Registration required by calling the Alzheimer's Association at 206-529-3868*.

Monday and Wednesday mornings

Woodland Park Zoo

WALKS WITH DOGS

Bring a dog, or come without one if you love dogs. Prepare to walk two to three miles, rain or shine. Meet at the designated site at 11 a.m., leash your dog, and bring poop bags. Walks are free, please remember to register at 206-615-0619 so volunteer leader Sharon LeVine may contact you if there is a change.

Note: Bus riders are allowed to bring their dogs on Metro buses.



Carkeek Park Trails

Meet at the Education Center Building, 950 NW Carkeek Rd.

10/2 Tue 11 a.m.

South Lake Union/Cascade Neighborhood

Meet at Espresso Vivace, 227 Yale Ave.

10/16 Tue 11 a.m.

Montlake Loop

Meet at Montlake Community Center, 1618 E Calhoun St.

10/30 Tue 11 a.m.

High Point Neighborhood

Meet at High Point Library, 3411 SW Raymond St.

11/13 Tue 11 a.m.

Queen Anne's Historic Boulevard Loop

Meet at Macrina Bakery Café, 615 W McGraw St.

11/27 Tue 11 a.m.

International District

Meet at Sturgus Park, 904 Sturgus Ave. S.

12/11 Tue 11 a.m.

EVENT

Writing in the Wild

Walk some of the less known trails in Discovery Park, pausing every now and again to do some writing. Join Seattle Urban Nature Guide and writer, Tony Robinson, for this early fall outing. Tony will provide writing prompts that help us to be attentive to, and write in response to, our natural surroundings. Those who wish will have a chance to share their work in a supportive setting. No previous experience as a writer necessary, but you might discover you enjoy it! *Bring a writing pad, pen, water, lunch, and a light-weight camp or beach chair.* Call 386-9110 to register. Maximum 10 participants.



Volunteers Needed for SOUND STEPS

Enjoy walking and building community? Want to support neighbors in maintaining or improving health? Volunteer with Sound Steps to support our walk programs, or help build new ones!

Contact Tamara at 206-684-4664.



Longtime volunteer walk leader Robert (left). and more happy Sound Step participants.



You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

Join Us!

Citizen direction and participation is essential to our success. Our advisory councils always are looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please call the Lifelong Recreation Office at 206-684-4951.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

VOLUNTEER OPPORTUNITIES

We have lots of opportunities for you to get involved within your community!



- Lead a book club, bridge club, mah jongg group.
- Be a field trip van driver.
- Join the Senior Volunteer Team at your local community center.
- · Come help at a food bank with us.
- Be a weekly walk leader with Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see above.

COMMUNITY RESOURCES

Age Friendly Seattle Community Coffee Hour - Meet the Age Friendly Seattle Team -



Meet the Age Friendly Seattle team in this FREE event and learn about actions the city departments will take to make Seattle a great place to grow up AND grow old. Following a framework established by the World Health Organization, Age Friendly Seattle addresses eight "domains of livability": transportation, housing, outdoor spaces, community and health services, social and civic participation, communication, and

respect and social inclusion.

Come share your thoughts on improvements and programs you'd like to see, and hear updates on the work in progress. Coffee and snacks provided. Questions? Contact Sarah at 206-386-4058, or agefriendly@seattle.gov. And come meet us:

- Thursday, 10/11, 10-11 a.m. at Mag Brig
- Thursday, 11/8, 10-11 a.m. at Queen Anne
- Friday, 11/30, 10:30-11:30 a.m. at Rainier Beach

Age Friendly Coffee Hours

Each Age Friendly Coffee Hour is free and brings community elders closer to City officials, providing elders an opportunity to learn more about City programs and services, and offers an opportunity to hear from elders. Refreshments are served. Coffee Hours are held the third Thursday of every month, from 10-11 a.m., in the Central Building

Conference Room, on the 1st floor at 810-3rd Ave. (between Columbia and Marion St).

Speakers are TBA. Call 206-684-0500 with questions, or email agefriendly@seattle.gov.





Age Friendly Seattle

The City of Seattle is taking steps to establish itself as an age friendly city!

What is an age-friendly city? It is a community in which people can grow up and grow old with ease. The



World Health Organization has determined that there are 8 domains of livability:

- 1. Outdoor spaces and buildings
- 2. Transportation
- 3. Housing
- 4. Social participation
- Respect and social inclusion
- 6. Civic participation, and employment
- 7. Communication and information
- 8. Community and health services

Using these guidelines, Seattle is in the process of creating an Age Friendly Seattle Action Plan. Visit http://www.seattle.gov/agefriendly to learn more.

SENIOR CENTERS AND PROGRAMS FOR SENIORS

Senior Center Programs

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.



Center/Program Locations

Ballard NW Senior Center

5429 32nd Ave. NW, 98107 206-297-0403 / ballardseniorcenter.org

Central Area Senior Center

500 30th Ave. S, 98144 206-726-4926 / <u>centralareasrcenter.org</u>

Club Bamboo

3639 MLK Jr Way S, 98108 206-774-2440 / www.acrs.org

El Centro de la Raza

2524 16th Ave S, 98144 206-957-4634 / <u>www.elcentrodelaraza.org</u>

Ethiopian Community Center

8323 Rainier Ave S, 98118 206-325-0304 / <u>www.ecseattle.org</u>

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

525 N 85th St., 98103 206-297-0875 / phinneycenter.org/gsc

International Drop-In Center

7301 Beacon Ave S, 98108 206-587-3735 / www.idicseniorcenter.org

Kin On Community Center

4416 S Brandon St, 98118 206-556-2237 / www.kinon.org

Lake City Community Center

12531 28th Ave. NE, 98125 206-268-6738 / <u>lakecityseniors.org</u>

Pike Place Senior Center

85 Pike St., #200, 98101 206-728-2773 / pikemarketseniorcenter.org

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations 206-764-4700 / seamar.org

Southeast Seattle Senior Center

4655 S Holly St., 98118 206-722-0317 / sessc.org

South Park Senior Center

8201 10th Ave. S, 98108 206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St., 98104 206-624-5633 / <u>cisc-seattle.org</u>

Wallingford Community Senior Center

4649 Sunnyside Ave. N, 98103 206-461-7825 / wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St., 98116 206-932-4044 / sc-ws.org

REGISTRATION -

Online, in Person, by Phone, and by Mail

ONLINE



- 1. Visit www.seattle.gov/parks.
- 2. Click on "Sign up for Classes and Programs (SPARC)".
- 3. Follow the on-screen instructions to register.
- 4. Pay by credit card. We accept Visa, MasterCard, and American Express. In order to make your online registration go as smoothly as possible, please set up an account 24 hours before registering at www.seattle.gov/parks/ and click on "Sign up for Classes and Programs (SPARC)".



- 1. Visit your local community center or pool.
- 2. Pay by cash, check, or credit card. We accept Visa, MasterCard, and American Express.



BY PHONE

Call any City of Seattle community center or pool. Numbers may be found on pages 5 and 10. For questions about a class contact your recreation specalist.



BY MAIL

Mail in your check, payable to City of Seattle, to 4554 NE 41st St., Seattle, WA 98105, with the registration form below.

Parks Management and **Professional Staff**

4554 NE 41st Street • Seattle, Washington 98105 206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

Christopher Williams, Acting Superintendent Katie Gray, Acting Director of Recreation Brenda Kramer, Manager Lifelong Recreation Programs

Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-615-0619 Dena Schuler, Management Systems Analyst, 206-615-1884 Linda Guzzo, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. Lifelong Recreation programs have been allocated over \$50,000. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit bit.ly/SPRscholarships.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House				
		1		2		
80% Mo	onthly	\$1,963	\$2,207	\$2,657	\$2,988	
70% Mo	onthly	\$2,208	\$2,335	\$2,989	\$3,161	
60% M	onthly	\$2,336	\$2,521	\$3,162	\$3,413	
50% M	onthly	\$2,522	\$2,708	\$3,414	\$3,665	
40% M	onthly	\$2,709	\$2,874	\$3,666	\$3,891	

REGISTRATION FORM

Class/Trip Number	Class/Trip Name	Date	Day	Time	Amount
					\$
					\$
					\$
					\$
					\$
Total Amount (paya	able to <u>City of Seattle)</u>				\$
Name					
Address					
Telephone					
Email					
Date of Birth	·			<u> </u>	

Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for lessons missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-386-9094 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: www.cityofseattle.net/parks/SpecialPops/index.htm.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.



healthy people healthy environment strong communitie

Lifelong Recreation

4554 NE 41st Street Seattle, WA 98105

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DISCOVER SOUTH DAKOTA

Join Lifelong Recreation and Collette as we travel to South Dakota to explore The Badlands and Mount Rushmore! Attend the presentation by Collette to learn more about this tour, see slides from former tours of South Dakota, ask questions, and put down an early deposit to save money and your spot! The tour will be September 13-19, 2019.

Call Cheryl at 206-615-0619 for more information.

When: Tuesday, 10/9 at 1 p.m. Where: Northgate CC

Our tour begins in Rapid City, long known as the gateway to the Black Hills. On this trip you will see:

- The Crazy Horse Memorial
- Devils Tower National Monument
- Needles Highway
- Deadwood

- Wall Drug
- Black Hills Gold and Diamond Factory
- Custer State Park
- The High Plains Heritage Center

It is almost certain we will encounter herds of wild buffalo, bighorn sheep, or majestic elk!